OKLAHOMA STATE

2025-26 COWGIRL CROSS COUNTRY / TRACK & FIELD GUIDE

Table of Contents

INTRODUCTION

2 Quick Facts/Roster
3 Season Preview
4 Personal Bests Entering 2025-26

COACHES AND STAFF

6 Head Coach Dave Smith
10 Dave Smith By The Numbers
11 Assistant Coaches

THE COWGIRLS

19 Athlete Bios

OPPONENTS

42 Big 12 Conference
43-44 Opponent Capsules
45-46 The OSU Track & Field Complex

2024-25 SEASON IN REVIEW

48 2024 Cross Country Season Recap
49 2024 Cross Country Results
51 2025 Indoor Season Recap
52 2025 Indoor Season Results
59 2025 Outdoor Season Recap
60 2025 Outdoor Season Results

HISTORY

67 Cross Country History and Honor Roll
70 Cross Country School Records
71 Cross Country Championships
72 OSU Cross Country Course Records
73 Cowboy Jamboree History
74 Cross Country All-Time Results
76 Indoor History and Honor Roll
81 Indoor School Records
83 Outdoor History and Honor Roll
86 Outdoor School Records
88 Outstanding Academic Performers
95 Letterwinners

UNIVERSITY INFORMATION

98 Oklahoma State University
103 Athletic Department
133 Stillwater

2025-26 OKLAHOMA STATE CROSS COUNTRY/TRACK & FIELD GUIDE CREDITS

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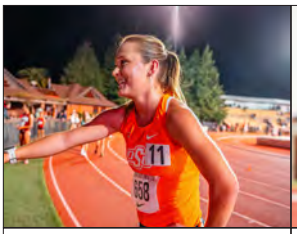
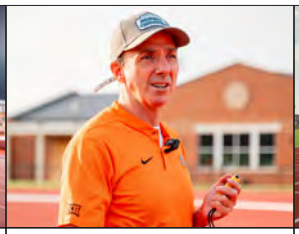
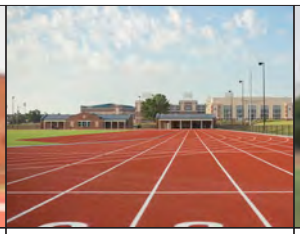

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SEASON PREVIEW	COACH DAVE SMITH	THE OSU TRACK & FIELD COMPLEX	CROSS COUNTRY RECAP	OUTDOOR SCHOOL RECORDS

Quick Facts | Roster

UNIVERSITY INFORMATION

Location	Stillwater, OK
Founded	Dec. 25, 1890
Enrollment	36,934
Address	220 Athletics Center Stillwater, OK 74078
President	Jim Hess
Athletic Director	Chad Weiberg
Senior Woman Administrator	Karen Hancock
Faculty Athletic Rep	Stephen Clarke
Colors	Orange and Black
Conference	Big 12
Nickname	Cowboys
Mascot	Pistol Pete
Home Track	OSU Track & Field Complex
Home XC Course	Greiner Family OSU Cross Country Course
Athletic Web Site	www.okstate.com
University Web Site	www.okstate.edu

STAFF INFORMATION

Director of XC/T&F	Dave Smith
Alma Mater, Year	Michigan State, 1993
Years	24th Year at Oklahoma State 17th as Director of Track & Field and Cross Country
Smith Office	405-744-2108
Smith E-Mail	dave.smith@okstate.edu
Associate Head Coach	Josh Langley - 10th year
Assistants	Zivile Pukstas – Jumps, 23rd year Giles McDonnell – Sprints/Hurdles, 10th year John Oliver – Distance, 3rd year Abbie Fredrick – Distance, 2nd year Ryun Godfrey – Distance, 2nd year Greg Watson – Throws, 2nd year Mason Harbour – Sports Information, 2nd year Levi Dorsett – Dir. of Operations, 1st year
Unit Assistant	Lane McMahon
McMahon Office	405-744-8765
McMahon E-Mail	Lane.McMahon@okstate.edu
Media Relations Contacts	Mason Harbour
SID Office	405-744-7714
SID E-Mail	mason.harbour@okstate.edu

TEAM INFORMATION

2024 Big 12 Cross Country Finish	4th
2024 NCAA Cross Country Finish	27th
2025 Big 12 Indoor Finish	T9th
2025 NCAA Indoor Finish	N/A
2025 Big 12 Outdoor Finish	6th
2025 NCAA Outdoor Finish	T46th

RETURNING 2024-25 ALL-AMERICANS

Cross Country

Billah Jepkirui	7th place (2023)

Indoors

Kaylie Politza	800 Meters
Billah Jepkirui	Mile, 3,000 Meters (2024)
Olivija Vaitaityte	Pentathlon (2024)

Outdoors

Isca Chelangat	5,000 Meters
Billah Jepkirui	1,500 Meters (2023)
Annie Molenhouse	Heptathlon

Name	Event	XC/In/Out	Hometown/Previous School
Katie Armstong	Distance	RJr./RJr./Sr.	Lucas, Texas / Lucas Lovejoy HS
Brooke Beck	Distance	Fr./Fr./Fr.	Pleasant Hill, Missouri / Pleasant Hill HS
Kessiah Bemis	Multi-Events	-/Sr./Sr.	Fayetteville, Arkansas / Arkansas
Kayleigh Bowie	Sprints	-/Fr./Fr.	Richmond, Texas / Foster HS
Cayden Brickman	Distance	RJr./Sr./RJr.	Stillwater, Oklahoma / Stillwater HS
Burklie Burton	Throws	-/Fr./Fr.	Layton, Utah / Layton HS
Sara Byers	Jumps	-/RSr./RSr.	Rockford, Minnesota / Rockford HS
Angie Carter	Throws	-/Fr./Fr.	Broken Arrow, Oklahoma / Broken Arrow HS
Katie Chapman	Multi-Events	-/RJr./RJr.	Devon, England / Okehampton College
Isca Chelangat	Distance	Fr./RFr./So.	Nairobi, Kenya
Zeddy Chongwo	Jumps	-/So./So.	Barwesa, Kenya
Cayden Dawson	Distance	RSo./Sr./RJr.	Bixby, Oklahoma / Bixby HS
Elise Eikeland	Mult-Events	-/Fr./Fr.	Sandnes, Norway / Sandnes Club
Kalen Goodman	Sprints	-/So./So.	Richmond, Texas / George Ranch HS
Isis Grant	Distance	-/Jr./Jr.	Tyrone, Georgia / Sandy Creek HS
Sophia Grinstead	Throws	-/Fr./Fr.	Spring Branch, Texas / Bracken Christian
Makki Hart	Sprints	-/So./RFr.	Shallowater, Texas / Shallowater HS
Payton Hinkle	Distance	RJr./Sr./RJr.	Broken Arrow, Oklahoma / Broken Arrow HS
Sutton Howard	Throws	-/RSo./RSo.	Fort Worth, Texas / Fort Worth Country Day HS
Kadence Huck	Distance	Fr./Fr./Fr.	Nashua, Iowa / Nashua-Plainfield HS
Jamila Isman	Multi-Events	-/RFr./So.	Fredrikstad, Norway / Wang Toppidrett Fredrikstad
Madisyn Jackson	Sprints	-/So./RFr.	Humble, Texas / Summer Creek HS
Rylee Jenkins	Throws	-/RFr./RFr.	Rock Port, Missouri / Rock Port HS
Billah Jepkirui	Distance	RJr./RJr./RJr.	Kapsabet, Kenya
Hailey Johnson	Distance	Fr./Fr./Fr.	Montgomery, Texas / Lake Creek HS
Tamaiah Koonce	Throws	-/Sr./Sr.	Miami, Florida / Kansas State
Victoria Lagat	Distance	RSo./Jr./Jr.	Eldama Ravine, Kenya
Emma Lindsey	Distance	RJr./Sr./Sr.	Colorado Springs, Colorado / Discovery Canyon HS
Kailey Littlefield	Distance	RFr./So./RFr.	Lucas, Texas / Lovejoy HS
Jinane Mahi	Distance	RJr./RJr./Sr.	Rennes, France / Stade Rennais S/L Pace En Courant
Cameron McClure	Distance	RJr./RJr./Sr.	Amarillo, Texas / Canyon Randall HS
Autumn Michalski	Distance	RFr./So./So.	Park Falls, Wisconsin / Chequamegon HS
Jinah Mickens-Malik	Distance	-/-/RSr.	Hialeah, Florida / Mater Academy Charter School
Kileigh Mixon	Jumps	-/Jr./Jr.	Stroud, Oklahoma / Stroud HS
Annie Molenhouse	Multi-Events	-/-/RSr.	North Aurora, Illinois / Rosary HS
Pavana Nagaraj	Jumps	-/So./So.	Bengaluru, India / San Diego State
Rachel Neaves	Throws	-/RJr./Sr.	Edmond, Oklahoma / Deer Creek HS
Bella Nelson	Distance	Fr./Fr./Fr.	Owasso, Oklahoma / Owasso HS
Aubrey O'Connell	Distance	RJr./Sr./RJr.	Prosper, Texas / Prosper HS
Lauren Ping	Distance	RSo./RSo./Jr.	Phoenix, Arizona / Valley Christian HS
Kaylie Politza	Distance	RJr./Sr./Sr.	Valparaiso, Indiana / Valparaiso HS
Lilly Ray	Sprints	-/So./So.	Weatherford, Oklahoma / Weatherford HS
Adelynn Rodriguez	Distance	Fr./Fr./Fr.	El Paso, Texas / Eastwood HS
Krystal Rodriguez	Distance	RSr./-/-	Miami, Florida / Coral Reef HS
Maureen Rutoh	Distance	Fr./So./So.	Kericho, Kenya
Mandeep Sangha	Distance	RSo./Jr./Jr.	Calgary, Alberta, Canada / Crescent Heights HS
Kevriana Scott	Distance	RJr./RJr./RJr.	Houston, Texas / Kinkaid School
Tatum Seyfert	Throws	-/Fr./Fr.	Beloit, Kansas / Beloit HS
Lauren Smith	Pole Vault	-/-/RSr.	Benbrook, Texas / Western Colorado
Miranda Smith	Sprints	-/RSo./RSo.	Peaster, Texas / Peaster HS
Colleen Stegmann	Distance	RJr./RSr./RSr.	Frisco, Texas / Reedy HS
Bailey Strain	Sprints	-/So./So.	Richardson, Texas / JJ Pearce HS
Paige Stuart	Distance	Fr./Fr./Fr.	Blue Springs Missouri / Blue Springs HS
Madi Surber	Distance	RJr./Sr./Sr.	Tuttle, Oklahoma / Tuttle HS
Kinidi Taylor	Jumps	-/Jr./Jr.	Crescent, Oklahoma / Crescent HS
Annalina Torres	Distance	Fr./Fr./Fr.	Broomfield, Colorado / Legacy HS
Gentry Turner	Distance	RFr./So./So.	Bartlesville, Oklahoma / Bartlesville HS
Olivija Vaitaiyte	Multi-Events	-/RSr./-	Vilnius, Lithuania
Emma Wade	Distance	Fr./Fr./Fr.	Cedar Park, Texas / Vista Ridge HS
Elyse WIlmes	Distance	Fr./Fr./Fr.	Columbia, Missouri / Father Tolton Catholic School

2025 WOMEN'S CROSS COUNTRY SCHEDULE

8/29	Cowboy Preview	Stillwater, OK
9/26	Cowboy Jamboree	Stillwater, OK
10/17	Weis-Crockett Invitational	Stillwater, OK
10/18	Pre-National Invitational	Columbia, MO
10/31	Big 12 Championship	Lawrence, KS
11/14	NCAA Midwest Regional	Stillwater, OK
11/22	NCAA Championship	Columbia, MO

*Track and Field schedule not ready at time of publication

CROSS COUNTRY

Key Points

- The Cowgirls enter the 2025 season primed for another trophy run with the return of 2023 All-American Billah Jepkirui and freshman sensations Isca Chelangat and Maureen Rutoh.

- OSU is ranked No. 14 in the USTFCCCA Preseason National Coaches' Poll, the sixth time in program history and fourth straight season ranked inside the top 15 to start the year.

- The OSU women have won three straight NCAA Midwest Regional titles and will be looking to win their fourth straight for the first time in program history on their home course.

Fresh off a pair of trophy finishes in 2022 (4th) and 2023 (3rd), the Cowgirls entered the 2024 season as one of the top programs in the country, but were faced with the loss of several hallmark athletes from the 2023 squad.

Four-time All-American Taylor Roe, two-time All-American Molly Born and track All-Americans Gabby Hentemann and Gabija Galvydyte all graduated and 2023 All-American Jepkirui redshirted, leaving essentially every spot in the lineup needing to be filled heading into 2024.

Multiple women stepped into the massive shoes left behind, including Victoria Lagat, Josphine Mwaura and Sivan Auerbach, each of whom served as OSU's top three women for much of the 2024 campaign.

Despite the losses, the Cowgirls still maintained their control of the region, winning their third straight NCAA Midwest Regional title, with four women earning All-Region honors.

Heading into the 2025 season, there is much to be excited about for Cowgirl fans, with multiple additions to a lineup that could contend for the program's third trophy in four years.

A 2023 cross country All-American, Jepkirui returns for her junior season after placing seventh at the 2023 NCAA Championships. To her name, Jepkirui has three career wins on the grass, the 2022 Weis-Crockett Invitational, 2023 Cowboy Jamboree and 2023 NCAA Midwest Regional, all on the Greiner Family OSU Cross Country Course in Stillwater. She was also named the 2023 Big 12 and USTFCCCA Midwest Region Runner of the Year, becoming the first Cowgirl in program history to win both awards in the same season.

Joining Jepkirui at the front is freshman phenom Isca Chelangat, who is coming off an outdoor season in which she was the Big 12 runner-up in the 5,000 Meters. Chelangat has already clocked a time of 15:31.35 in the 5K, second best in program history behind only Roe. With her addition to the lineup beside Jepkirui, the Cowgirls have a pair of women that could challenge the top 20 at the national meet, which could put the Cowgirls in a great position to earn another trophy finish.

Another Cowgirl poised for a breakout is freshman Maureen Rutoh, who recently completed her first track season for OSU and is already one of the top distance women on the team.

OSU's top finisher at the national championships, Victoria Lagat also returns for her junior season after placing 72nd at the NCAA Championships in 2024. Lagat has also run 15:41 over 5K on the track and will be looking to earn her first All-America finish on the grass in 2025.

Junior Cayden Dawson has also placed in the top 100 at the national championships before and is another veteran presence the Cowgirls will need if they are to pursue another trophy at nationals.

Rounding out the deep and talented roster are several veteran women who have each scored for the Cowgirls in the past.

Colleen Stegmann was an All-Region finisher and was consistently in the top 5 for OSU last season. Payton Hinkle was OSU's fifth scorer at the Big 12 Championships in 2023. Lauren Ping won the Weis-Crockett Invitational last season.

With these women plus a talented freshman incoming class, the Cowgirls are primed for a deep postseason run and are looking to return to the award stand at the NCAA Championships.

TRACK AND FIELD

Key Points

- 2024 NCAA Mile runner-up and three-time school record holder Billah Jepkirui returns to the fold after redshirting 2025 season.

- Annie Molenhouse will be looking to defend her Big 12 title in the Heptathlon and earn first team All-America honors for the first time after finishing 12th at NCAAs in 2025.

- The Cowgirls will be looking to return to the top step of the podium in the BIg 12 after winning the team title in 2023 and scoring over 100 points in three straight seasons from 2022-2024.

Coming off a 2025 season in which there were plenty of shoes to fill after the departure of several key All-America figures, the Cowgirls found a few new breakout stars ready to continue their momentum in 2026.

Annie Molenhouse is the first name on this list. Molenhouse was a borderline All-Big 12 level performer in her first two seasons as a Cowgirl, but exploded during her junior campaign, securing the program's first-ever Big 12 title in the Heptathlon as she won by nearly 200 points at the Big 12 Outdoor Championships. She was also named Big 12 Women's Track & Field Athlete of the Week outdoors after her victory at the Jim Click Shootout in the Heptathlon. Molenhouse is a key name to watch as she aims to pick up her first first team All-America nod in 2026.

Another name to watch is Isca Chelangat, who had a breakout performance at the Big 12 Outdoor Championships in the 5K, defeating multiple All-Americans as she ran the second-fastest time in program history. Chelangat will be competing indoors for the first time in 2026 and could immediately provide a scoring punch for the Cowgirls on the track both indoors and outdoors.

Alongside the two breakout performers, OSU will get a much-needed boost with the return of superstar Billah Jepkirui to the lineup. Jepkirui was the NCAA MIle runner-up in 2024 and currently owns three school records as one of the top distance athletes in the NCAA. Jepkirui could potentially contend for the program's first individual NCAA title since Taylor Roe's 3K championship in 2022.

After redshirting indoors in 2025, Olivija Vaitaityte returns for her senior indoor season in 2026 as one of the bonafide stars of the team. Vaitaityte has qualified for three NCAA Championships in her career in the milti-events and is the tenth-highest scoring Cowgirl at the outdoor conference meet in program history.

The rest of the Cowgirl multis group, spearheaded by Associate Head Coach Josh Langley, remains arguably the best in the conference, with two more All-Big 12 scorers returning in 2026 in Katie Chapman and Jamila Isman alongside Molenhouse and Vaitaityte. In the past three years, Langley's group has been ranked No. 1 in the USTFCCCA Event Squad rankings multiple times and has even produced a first team All-American in Bailey Golden in 2024.

Assistant Coach Greg Watson's throws group is also one of the best in the conference after a massive 2025 campaign that saw the Cowgirls lead the Big 12 both indoors and outdoors in points scored in the Weight and Hammer Throw. Senior Rachel Neaves leads the group as she earned All-Big 12 honors in both events and will be looking to earn her first NCAA Championship appearance.

In the sprints, sophomore Kalen Goodman is one of the young studs of the team after setting the second-fastest 400 Meter Hurdle time in program history at the Big 12 Outdoor Championships.

Over in the jumps, sophomore Zeddy Chongwo and San Diego State transfer Pavana Nagaraj each appear primed for breakout seasons following successful freshman campaigns.

With a balanced mix of veteran superstars and young breakout candidates, the Cowgirls will be looking to return to the top of the Big 12, where they scored 100+ points indoors three straight seasons from 2022-24.

Personal Bests Entering 2025-26

KATIE ARMSTRONG
1,500 Meters – 4:34.49
Mile – 5:08.75
3,000 Meters – 9:51.96
Steeplechase – 11:16.96
5,000 Meters – 17:33.05
3K (XC) – 10:59.1
6K (XC) – 22:22.6

KESSIAH BEMIS
60 Meter Hurdles – 8.82
100 Meter Hurdles – 14.12
400 Meter Hurdles – 1:02.74
200 Meters – 24.12
400 Meters – 55.54
600 Meters – 1:35.44
800 Meters – 2:19.95
High Jump – 1.59m/5-2.5
Javelin Throw – 33.52m/110-0
Long Jump – 5.98m/19-7.5
Shot Put – 9.59m/31-5.75
Heptathlon – 5,144 Points
Pentathlon – 3,706 Points

CAYDEN BRICKMAN
1,500 Meters – 4:41.20
Mile – 4:59.66
3,000 Meters – 10:06.64
5,000 Meters – 17:37.42
3K (XC) – 11:25.4
6K (XC) – 22:55.4

SARA BYERS
Long Jump – 6.01m/19-8.75
Triple Jump - 11.00m/36-1.25

KATIE CHAPMAN
60 Meter Hurdles – 8.57
100 Meter Hurdles – 13.57
100 Meters – 11.99
200 Meters – 24.80
800 Meters – 2:31.56
High Jump – 1.67m/5-5.75
Javelin Throw – 39.86m/130-9
Long Jump – 5.82m/19-1.25
Shot Put – 12.97m/42-6.75
Heptathlon – 5,289 Points
Pentathlon – 3,678 Points

ISCA CHELANGAT
1,500 Meters – 4:16.71
5,000 Meters – 15:31.35

ZEDDY CHONGWO
High Jump – 1.64m/5-4.5
Long Jump – 6.28m/20-7.25

CAYDEN DAWSON
1,500 Meters – 4:32.62
Mile – 4:52.69
3,000 Meters – 9:25.83
5,000 Meters – 16:28.38
10,000 Meters – 34:42.98
3K (XC) – 10:25.0
6K (XC) – 20:32.4

KALEN GOODMAN
600 Yards – 1:21.32
600 Meters – 1:32.84
800 Meters – 2:09.54
400 Meter Hurdles – 57.79

ISIS GRANT
200 Meters – 25.81
400 Meters – 56.15
600 Meters – 1:30.95
600 Yards – 1:20.55
800 Meters – 2:06.52

MAKKI HART
400 Meters – 57.78
600 Yards – 1:22.61

PAYTON HINKLE
800 Meters – 2:15.85
1,000 Meters – 2:48.77
1,500 Meters – 4:23.97
Mile – 4:45.56
3,000 Meters – 9:18.47
Steeplechase – 10:17.86
3K (XC) – 11:18.9
6K (XC) – 20:26.4

SUTTON HOWARD
Hammer Throw – 53.54m/175-8
Weight Throw – 15.68m/51-5.5

JAMILA ISMAN
200 Meters – 25.43
800 Meters – 2:22.28
100 Meter Hurdles – 14.35
High Jump – 1.63m/5-4.25
Long Jump – 5.48m/17-11.25
Shot Put – 11.91m/39-1
Javelin Throw – 37.91m/124-4
Heptathlon – 5,125 points

MADISYN JACKSON
400 Meters – 56.43
600 Yards – 1:25.99

BILLAH JEPKIRUI
800 Meters – 2:02.63
1,000 Meters – 2:49.97
1,500 Meters – 4:08.93
Mile – 4:27.14
3,000 Meters – 8:49.08
6K (XC) – 19:27.5

VICTORIA LAGAT
Mile – 4:51.43
3,000 Meters – 9:07.47
5,000 Meters – 15:41.75
3K (XC) - 10:28.7
6K (XC) – 20:02.1

EMMA LINDSEY
1,500 Meters – 4:55.10
Mile – 5:12.79
3,000 Meters – 10:44.26
5,000 Meters – 18:23.42
Steeplechase – 11:55.55
3K (XC) – 11:54.5
6K (XC) – 23:48.7

KAILEY LITTLEFIELD
400 Meters – 58.17
600 Meters – 1:36.74
800 Meters – 2:09.18
1,000 Meters – 2:53.97
3K (XC) – 11:06.3

JINANE MAHI
800 Meters – 2:20.82
1,000 Meters – 2:55.74
1,500 Meters – 4:29.35
Mile – 4:51.14
3,000 Meters – 10:05.66
5,000 Meters – 17:11.70
3K (XC) – 10:35.9
6K (XC) – 20:38.0

CAMERON MCCONNELL
800 Meters – 2:07.71
1,000 Meters – 2:53.55
1,500 Meters - 4:17.94
Mile – 4:45.97
3,000 Meters – 9:32.08
5,000 Meters – 17:01.36
3K (XC) – 11:02.4
6K (XC) – 20:43.7

AUTUMN MICHALSKI
1,500 Meters – 4:30.97
Mile – 4:57.70
3,000 Meters – 9:41.33
5,000 Meters – 16:57.21
Steeplechase – 10:42.19
3K (XC) – 10:39.1

JINAH MICKENS-MALIK
400 Meters – 54.55
600 Yards – 1:19.25
600 Meters - 1:32.04
800 Meters – 2:04.74

KILEIGH MIXON
High Jump – 1.74m/5-8.5

ANNIE MOLENHOUSE
60 Meter Hurdles – 8.65
100 Meter Hurdles – 13.94
200 Meters – 23.73
800 Meters – 2:12.54
High Jump - 1.68m/5-6
Long Jump – 5.82m/19-1.25
Shot Put – 12.88m/42-3.25
Javelin Throw – 41.25m/135-4
Heptathlon – 5,729 Points
Pentathlon – 4,084 Points

RACHEL NEAVES
Discus Throw – 41.53m/136-3
Hammer Throw – 65.53m/215-0
Shot Put – 14.57m/47-9.75
Weight Throw – 19.16m/62-10.5

AUBREY O'CONNELL
800 Meters – 2:10.86
1,000 Meters – 2:49.88
1,500 Meters – 4:20.32
Mile – 4:46.04
3,000 Meters – 10:08.09
5,000 Meters – 17:04.23
6K (XC) – 22:34.6

LAUREN PING
800 Meters – 2:14.09
1,000 Meters – 2:58.19
1,500 Meters – 4:20.54
Mile – 4:47.21
3,000 Meters – 9:39.45
5,000 Meters – 16:26.43
3K (XC) – 10:32.1
6K (XC) – 20:49.1

KAYLIE POLITZA
600 Meters – 1:31.08
800 Meters – 2:02.04
1,000 Meters – 2:45.67
1,500 Meters – 4:14.23
Mile – 4:41.79
3,000 Meters – 10:09.75
3K (XC) – 10:38.3
6K (XC) – 22:02.0

LILLY RAY
60 Meters – 7.67
100 Meters – 12.10

KRYSTAL RODRIGUEZ
800 Meters – 2:13.70
1,000 Meters - 2:52.55
1,500 Meters – 4:28.97
Mile - 4:47.91
3,000 Meters – 9:41.21
3K (XC) – 10:29.9
6K (XC) – 21.29.1

MAUREEN RUTOH
1,500 Meters – 4:25.01
Mile – 4:51.41
3,000 Meters - 9:46.37
5,000 Meters – 16:36.14
10,000 Meters – 34:19.14

MANDEEP SANGHA
800 Meters – 2:09.23
1,000 Meters – 2:49.10
1,500 Meters – 4:17.14
Mile – 4:42.38
3,000 Meters - 9:49.50
5,000 Meters – 17:01.43
3K (XC) – 10:31.5
6K (XC) – 22:00.8

KEVRIANA SCOTT
800 Meters – 2:10.24
1,000 Meters – 2:51.00
1,500 Meters – 4:30.01
Mile – 4:54.93
5,000 Meters – 17:16.48
3K (XC) – 11:18.1
6K (XC) – 22:07.1

LAUREN SMITH
Pole Vault – 4.09m/13-5

MIRANDA SMITH
400 Meters – 59.45

COLLEEN STEGMANN
800 Meters – 2:13.63
1,500 Meters – 4:31.52
Mile – 4:46.69
3,000 Meters - 9:33.50
5,000 Meters – 16:49.89
10,000 Meters – 35:56.44
3K (XC) – 10:57.9
6K (XC) – 20:16.0

BAILEY STRAIN
60 Meters – 7.78
100 Meters – 12.04
200 Meters – 24.66

MADI SURBER
400 Meter Hurdles – 1:01.59
600 Meters – 1:37.02
800 Meters – 2:05.50
1,000 Meters – 2:49.18
1,500 Meters – 4:16.00
Mile – 4:50.48
3,000 Meters – 9:45.53
3K (XC) – 10:36.6
6K (XC) – 21:00.7

KINIDI TAYLOR
Long Jump – 5.46m/17-11

GENTRY TURNER
Mile – 4:54.22
3,000 Meters – 9:36.87
5,000 Meters – 16:06.26

OLIVIJA VAITAITYTE
60 Meter Hurdles – 8.84
100 Meter Hurdles – 14.39
200 Meters – 25.31
400 Meters – 59.47
600 Meters – 1:32.90
800 Meters – 2:12.21
High Jump – 1.78m/5-10
Javelin Throw – 42.57m/139-8
Long Jump – 5.87m/19-3.25
Shot Put – 12.78m/41-11.25
Heptathlon – 5,770 points
Pentathlon – 4,162 Points

COACHES & STAFF

Dave Smith

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD
Dave Smith
17th year as Director of XC/T&F
24th year at Oklahoma State
Michigan State, 1993

COACHING CAPSULE

Year	School	Position
1997-98	Washington	Volunteer Assistant
1998-02	Texas Tech	Head Cross Country Coach Assistant Track & Field Coach
2002-05	Oklahoma State	Men's Assistant Coach
2006-pres.	Oklahoma State	Men's Cross Country Head Coach
2008-pres.	Oklahoma State	Men's Track & Field Head Coach
2009-pres.	Oklahoma State	Director of XC/Track and Field Men's & Women's Head Coach

AWARDS AND RECOGNITION

USTFCCCA Division 1 Men's Cross Country Coach of the Year (4)
2009, 2010, 2012, 2023

Big 12 Men's Cross Country Coach of the Year (12)
2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2020, 2022, 2023

USTFCCCA Men's Cross Country Midwest Region Coach of the Year (9)
2006, 2007, 2008, 2009, 2011, 2013, 2014, 2022, 2023

Big 12 Women's Cross Country Coach of the Year (5)
2015, 2019, 2021, 2022, 2023

USTFCCCA Women's Cross Country Midwest Region Coach of the Year (3)
2015, 2022, 2023

Big 12 Men's Indoor Track & Field Coach of the Year (2)
2014, 2016

Big 12 Women's Indoor Track & Field Coach of the Year (1)
2023

USTFCCCA Men's Indoor Midwest Region Coach of the Year (3)
2014, 2016, 2023, 2025

USTFCCCA Women's Indoor Midwest Region Coach of the Year (1)
2023

TEAM HIGHLIGHTS

2006 Men's Cross Country Midwest Region Champions
2007 Men's Cross Country Midwest Region Champions
2007 Men's Cross Country – 3rd place at NCAAs
2008 Men's Cross Country Big 12 & Midwest Region Champions
2008 Men's Cross Country – 8th place at NCAAs
2009 Men's Cross Country Big 12 & Midwest Region Champions
2009 NCAA Men's Cross Country Champions
2010 Big 12 Men's Cross Country Champions
2010 NCAA Men's Cross Country Champions
2011 Men's Cross Country Big 12 & Midwest Region Champions
2011 NCAA Men's Cross Country Runner-Up
2012 Big 12 Men's Cross Country Champions
2012 Men's Cross Country Midwest Region Co-Champions
2012 NCAA Men's Cross Country Champions
2013 Men's Cross Country Big 12 & Midwest Region Champions
2013 Men's Cross Country – 3rd place at NCAAs
2013 Men's Indoor Track & Field – 8th place at NCAAs
2014 Big 12 Men's Indoor Track & Field Champions
2014 Men's Indoor Track & Field – 6th place at NCAAs
2014 Men's Cross Country Big 12 & Midwest Region Champions
2015 Men's and Women's Cross Country Big 12 & Regional Champions
2015 Women's Cross Country – 7th place at NCAAs
2016 Big 12 Men's Indoor Track and Field Champions
2016 Women's Indoor Track and Field – 10th place at NCAAs
2016 Women's Outdoor Track and Field – 12th place at NCAAs
2016 Men's Cross Country Big 12 & Midwest Region Champions
2019 Big 12 Women's Cross Country Champions
2020 Big 12 Men's Cross Country Champions
2020 Men's Cross Country – 3rd place at NCAAs
2021 Men's and Women's Big 12 Cross Country Champions
2021 Men's Cross Country - 3rd place at NCAAs
2022 Men's and Women's Big 12 Cross Country Champions
2022 Women's Cross Country Midwest Region Champions
2022 NCAA Men's Cross Country Runner-Up
2022 Women's Cross Country - 4th place at NCAAs
2023 Big 12 Women's Indoor Track and Field Champions
2023 Men's Indoor Track and Field - Sixth place at NCAAs
2023 Men's Cross Country Big 12 & Midwest Region Champions
2023 Women's Cross Country Midwest Region Champions
2023 NCAA Men's Cross Country Champions
2023 Women's Cross Country - 3rd place at NCAAs
2024 Men's Indoor Track & Field - 7th place at NCAAs
2024 Women's Indoor Track & Field - 8th place at NCAAs
2025 Men's Indoor Track & Field - 5th place at NCAAs
2025 Men's Outdoor Track & Field - 11th place at NCAAs

Dave Smith is truly at the top of his profession and is only getting better.

The Oklahoma State head coach was honored as the U.S. Track and Field and Cross Country Coaches Association Men's Division I Cross Country National Coach of the Year in 2009, 2010, 2012 and again in 2023. That is the highest honor awarded to a cross country coach.

Internationally, Smith served as the men's distance coach for Team USA during its stay at the 2014 World Junior Championships and the USA coach for the Great North Cross Country Championships in Edinburgh, Scotland. In 2023, he served as the coach for Team USA during the World Athletics Cross Country Championships in Bathurst, Australia.

Smith has led the Cowboys to four NCAA cross country team championships (2009, 2010, 2012 and 2023) and has navigated the men's program to a Big 12-record 13 conference titles in cross country. Under Smith's reign, the Cowboys have won 13 Big 12 titles on the grass in Smith's 20 years as the head coach of the men's squad. Alex Maier and Brian Musau have won the past three individual titles in 2022 (Maier), 2023 and 2024 (Musau) with the men claiming four straight conference titles from 2020-23.

He was voted by his peers as Big 12 Men's Cross Country Coach of the Year in 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2020, 2022 and 2023. He also coached the Cowgirls to their first Big 12 cross country championship in 2015 and was named the 2015 Big 12 Women's Cross Country Coach of the Year, capping a stretch of six seasons of top-four finishes for the Cowgirls at the conference meet. Smith led the Cowgirls to their second-ever conference title during the 2019 cross country season, in which he was again named the Big 12 Women's Cross Country Coach of the Year. He would go on to be named Big 12 Coach of the Year four more times in a row from 2020-23 as the Cowgirls would win the conference in 2021 and 2022.

The track & field program reached new heights during the 2024-25 season, highlighted by the men's indoor program earning a fifth-place finish and 26 points at the national meet, the highest team finish in track & field since 1965. Overall, the program produced seven All-Americans, led by Brian Musau, who won the NCAA title in the 5,000 Meters with a meet-record time of 13:11.34. Musau would then go on to complete the 5,000 Meter sweep at the NCAA Outdoor Championships, once again dominating the field and becoming the second Cowboy in the Smith era to win two NCAA titles in the same year (Fouad Messaoudi, 2023). For his efforts, Musau was named a semifinalist for the Bowerman Award. Following the season, Musau would break the outdoor collegiate record in the 5,000 Meters with his time of 12:59.82 at the Sunset Tour, defeating a field of professional athletes and Olympians. Messaoudi would also go on to compete at the World Championships in Tokyo in the 1,500 Meters while still having eligibility with the Cowboys.

The OSU men also finished second in the program of the year standings with 25 points between cross country, indoors and outdoors, their second best in program history, just behind their 23-point, second-place performance during the 2013-14 season.

The Cowboys completed a perfect 2023 season by upending the defending NCAA Champions Northern Arizona by a score of 49-to-71. OSU's 49 points on the day was a program record at the national meet and was the third-lowest winning score by any school since 2000. They placed all five scorers in the top 15 as Denis Kipngetich, Musau, Fouad Messaoudi, Victor Shitsama and Maier all earned All-America honors. It was just the third time in program history that the Cowboys finished with five All-Americans, joining the 2010 national championship team and the 2022 runner-up squad.

The Cowgirls earned their second straight trophy at the NCAA Championships with their third-place finish. BIllah Jepkirui, Molly Born and Taylor Roe each picked up All-America honors with their seventh, 13th and 34th-place finishes. For Roe, she became the second Cowgirl in program history to earn four All-America honors in cross country. Born also collected her second All-America honor after picking up her first in 2019. Entering the 2024 season, the Cowgirls have improved their finish at each of the last four NCAA Championships, moving from 24th in 2020 to third in 2023.

At the NCAA Indoor Championships, both the Cowboys and Cowgirls placed in the top 10 for the first time in program history as the men tied for seventh and the women tied for eighth. The men's Distance Medley Relay squad of Musau, DJ McArthur, Mehdi Yanouri and Ryan Schoppe collected their second straight NCAA title in the event, becoming the second Cowboy relay to win back-to-back indoor titles after the Two-mile Relay did so in 1965 and 1966. Musau and Schoppe would come back the next night to earn their second All-America honors of the weekend in the 3,000 Meters. Alex Maier also earned a pair of All-America honors indoors, placing third in the 3,000 Meter and sixth in the 5,000 Meters.

On the women's side, Roe and Jepkirui helped lead the Cowgirls to a program-record 27 points with their runner-up finishes in their respective events. Roe placed second in the 5,000 Meters after leading for much of the proceedings and Jepkirui placed second in the Mile, both breaking the school records in their respective events. Born, Gabija Galvydyte, Winny Bii and the women's DMR of Grace Boone, Tamara Woodley, Maddie Salek and Sivan Auerbach also picked up first team All-America honors.

Outdoors, the women's team broke over 20 points for the second time in program history, scoring 23 points for a 14th-place finish overall. Galvydyte (800 Meters), Roe (5,000 & 10,000 Meters), Born (10,000 Meters) and Bailey Golden (Heptathlon) each earned first team All-America honors in the process. Golden was the first Cowgirl multi-event athlete in program history to earn the honor either indoors or outdoors. For the men, Kipngetich (10,000 Meters) and Musau (5,000 Meters) each picked up first team All-America honors as the

Dave Smith

Dave Smith speaking to the media ahead of the 2024 NCAA Cross Country Championships in Madison, Wis.

Cowboys placed 27th overall as a team.

In 2022, Smith led the Cowboys and Cowgirls to their third consecutive sweep at the Big 12 Cross Country Championships in 2022, with the women scoring a Big 12-record 22 points.

At the NCAA Championships held in Stillwater, the Cowboys nearly returned to the top of the mountain, finishing level on points with NCAA Champions NAU in the NCAA's first-ever tiebreaker at the championships meet. At the same meet, the Cowgirls picked up their first NCAA trophy with their fourth-place finish overall.

Smith and OSU continued the momentum during the 2022-23 season with the program's first-ever women's track & field conference title, winning the Big 12 Indoor Championships by 9.5 points over No. 1 Texas with a program-record 146 points. Taylor Roe was named Big 12 High-Point Award winner after scoring 24 points at the meet.

At the NCAA Indoor meet in 2023, Smith coached the men's Distance Medley Relay squad of Fouad Messaoudi, Charlie Bartholomew, Juan Diego Castro and Ryan Schoppe to the program's first individual NCAA title on the men's side since 1986. Earlier in the season, the DMR squad of Messaoudi, Schoppe, Hafez Mahadi and DJ McArthur broke the school, collegiate and indoor world record in the event with their time of 9:16.40. The next day at the NCAA Championships, Messaoudi collected his second NCAA title of the weekend in the 3,000 Meters with his time of 7:48.10. He was the only male athlete at the 2023 NCAA Championships to win multiple titles. The Cowboys finished tied for sixth overall, which was the second-highest finish in program history.

One year prior, Smith coached Roe to the program's fifth women's indoor national championship as she took the individual crown in the 3,000 Meters. Under his leadership, Roe has become one of the most accomplished distance runners in the country as she has earned six top-5 finishes in NCAA Championship races, finishing in every top-5 position thus far in three years of eligibility.

He also guided the men's and women's cross country teams to the elusive conference double as they swept the team titles on their home course. It was the first time since 2015 that the Cowboys and Cowgirls were able to sweep the podium.

Responsible for nine of the Cowboys' 13 total conferences crowns heading into the 2020 cross country season, Smith went for double-digits and added his 10th – the Pokes' 14th – conference title in dramatic fashion over Iowa State in the 2020 Big 12 Cross Country Championship's first-ever tiebreaker. A head-to-head comparison among the top five finishers from both teams determined Oklahoma State as the conference champion.

His accomplishments with the talented Cowboy distance unit during the unique 2020 season, during which the country and the world was actively battling the COVID-19 pandemic, was far from finished. In a delayed NCAA Championship, Smith's leadership was tested as he coached his team through the cross country and indoor track and field seasons simultaneously. As they have many times before, Smith and his Cowboys prevailed in the face of adversity: the men of Oklahoma State earned the third-place team finish at the 2020 NCAA Cross Country Championships on their newly renovated home course in Stillwater. The podium finish for the Pokes was their first since 2013.

Smith guided an eager group of track and field specialists on Oklahoma State's 2020-21 roster who were raring to compete after having their 2020 season cut short as a result of the COVID-19 pandemic; that fervor was on full display during the condensed indoor track and field season. The team's success culminated most notably in the postseason, when both the men's and women's teams posted top-five team finishes at the 2020 Indoor Track and Field Big 12 Championship. The Cowgirls tied their highest team finish in program history, earning runner-up as a team with 103 points and the Cowboys finished fourth as a team with 75 points, their highest finish and point total at the conference meet since 2017. Shortly after, Smith led a talented group of five athletes to Indoor All-American status: Ariadni Adamopoulou finished fifth in the women's pole vault and Sivan Auerbach, Christina Ollison, Stephanie Moss and Taylor Roe combined for the fourth-place relay finish in the women's DMR. Adamopoulou, Auerbach, Moss and Roe, all of whom were freshman at the time of their podium-worthy performances, represented a new wave of talent rolling through the OSU program and served as a testament to Smith's abilities as a recruiter.

Smith's work on the collegiate sport's biggest stage with the Cowgirls earned his program the national spotlight at the 2019 NCAA Outdoor Track and Field Championship. Smith coached Sinclaire Johnson to a national championship in the women's 1,500 meters. Johnson set the NCAA Outdoor Championships' meet record with a time of 4:05.98. She was Smith's first female champion since Kaela Edwards' 2016 Mile title indoors.

Johnson's outdoor campaign ended unbeaten, and she was named a Bowerman semifinalist. She was the first Cowgirl to ever receive the honor. She was also named the USTFCCCA Midwest Region Track Athlete of the Year.

Following Johnson's lead, the Cowgirls cross country team, captained by Smith, earned Oklahoma State's second-ever Big 12 Women's Cross Country Championship in 2019; Taylor Somers and Molly Born led the way for the Pokes: they finished second and third overall, respectively. The dynamic distance duo of Somers and Born went on to represent Oklahoma State and compete as individuals at the 2020 NCAA Cross Country Championships, in which both would

Dave Smith

attain All-American status. Somers capped her season off with a 16th-place finish in the title race and Born finished close behind in 18th place.

The Cowboys and Cowgirls also had an all-around bounce back year in 2018-19. Both teams finished in the top 20 at the NCAA Cross Country Championships. Isai Rodriguez finished fourth at the meet, becoming the best-finishing Cowboy individual in program history. Rodriguez and fellow Cowboy Ashenafi Hatte finished the cross country season as All-Americans.

In the indoor season, the women's distance medley relay squad finished as first team All-Americans. They crossed the line in third place with a school-record time of 10:55.01. Jacob Fincham-Dukes also captured an All-American honor in the 2019 indoor season.

On top of Johnson's title during the outdoor season, Smith had four more athletes take home All-America awards. Ryan Smeeton finished as the NCAA runner-up in the 3,000-meter steeplechase, and he ran a world standard time of 8:27.90 at the Payton Jordan Invitational. Jacob Fincham-Dukes capped off his Cowboy career with a fifth-place finish in the outdoor long jump. Hassan Abdi captured All-America honors once again in the 10,000 meters. Jenny Martinez finished seventh in the women's 1,500-meter final.

In the 2017-18 season, Smith coached Hassan Abdi to an individual cross country title, becoming the first OSU runner to do so since Vegard Oelstad in 2015. Abdi and fellow Cowboy Luis Martinez took the top two spots at the Big 12 Championships in Smith's most recent cross country season.

The 2015-16 season saw the women's program reach new heights under Smith's guidance. Those Cowgirls finished seventh at the NCAA Cross Country Championships - their highest since 1989 - and pulled off their best finishes ever at the NCAA Indoor and Outdoor Championships in 10th and 12th, respectively.

Additionally, the 2015-16 Cowgirl season included a national championship from Edwards in the indoor mile, a Midwest Region cross country championship, a best-ever 107-point, second-place finish at the Big 12 Indoor Championships, NCAA runner-up finishes from Chase Ealey (outdoor shot put) and Aurora Dybedokken (outdoor 5,000m), additional impressive All-America performances from Ingeborg Loevnes (fourth in 3,000m steeplechase), Savannah Camacho (fourth in indoor 800m) and Ealey (sixth indoor shot put), several Big 12 individual titles and a third-place finish for the USTFCCCA Program of the Year award.

The men's program also had a notable year in 2016, with another Big 12 cross country title, Josh Thompson named 2016 Midwest Region Indoor Athlete of the Year, Nick Miller named 2016 Midwest Region Outdoor Athlete of the Year, All-America performances from John Teeters (fifth in the outdoor 100m and fourth in indoor 60m) and the men's distance medley relay team (fifth place) and numerous individual Big 12 titles.

Smith led the Cowboys to back-to-back top 10 finishes at the NCAA Indoor Championships in 2013 and 2014. The Cowboys' eighth-place finish in 2013 was OSU's highest finish since 1984, followed by a sixth-place finish in 2014 which was OSU's second-highest team finish in school history behind a second-place finish in 1965.

In addition to another Big 12 men's cross country championship, Smith's 2014-15 year included an individual cross country conference champion in Kirubel Erassa, an individual NCAA champion in Chad Noelle (outdoor 1,500 meters), a pair of NCAA runners-up and a total of 15 All-America honors for the men's and women's teams.

Smith's recent efforts have included a resurgence of the track program as a whole. Oklahoma State has been known for its elite distance program for years, but Smith has expanded OSU's vision to include elite throwers and sprinters as well. John Teeters and Nick Miller have provided the most evidence of all-around success, with Teeters earning four All-America honors, including a national runner-up finish in the 60-meters, and Miller earning a total of seven All-America honors in the weight and hammer throws with one NCAA title in the hammer throw. Miller has also earned elite international success, claiming gold at the 2015 Sainsbury British Championships, taking gold at the European Championships and reaching the final at the 2015 IAAF World Championships.

Miller competed for Great Britain at the 2016 Olympic Games in Rio, where joined Smith's pupils Shadrack Kipchirchir (USA - 10k), Tom Farrell (Great Britain - 5k) and Ingeborg Loevnes (Norway - steeplechase).

The 2013-14 cross country/track & field season can easily be considered the best in school history, as Smith coached the Cowboys to a third-place place finish at the NCAA Cross Country championships, a sixth-place finish at the NCAA Indoor Championships and a 13th-place finish at the NCAA Outdoor Championships. Additionally, Smith's squad won Big 12 titles in cross country and indoor track & field and had a third-place conference finish in outdoors, helping the team to a second-place finish for the USTFCCCA's Program of the Year award.

German Fernandez won the 2009 NCAA title in the 1,500 meters and was the Big 12 individual cross country champion in both 2008 and 2011. He swept all the Big 12's major awards as a freshman, claiming the conference's male athlete of the year honors during both the indoor and outdoor seasons to go with his 2008 cross country crown. Ryan Vail was the 2009 Big 12 individual cross country champion and was a five-time All-American under Smith. John Kosgei was the 2010 NCAA runner-up in the 10,000 meters and was honored as the 2010 Big 12 Outdoor Performer of the Year after winning the 5,000 meters and the 10,000 meters at the conference meet. Girma Mecheso won the 2010 Big 12 individual cross country title and was one of five cross country All-Americans coached by Smith in 2010.

Chad Noelle took home the 2015 NCAA title in the 1,500-meter run to become the 15th Cowboy in school history to win an outdoor championship. In 2016, Kaela Edwards won an NCAA title in the indoor mile and to become the fourth Cowgirl to ever win an NCAA title. Nick Miller won the hammer throw title in the outdoor season in 2016 as well to give Smith four individual national championships in addition to his three cross country team titles.

That success has rolled over into the classroom as well. In addition to winning the NCAA cross country title in both 2009 and 2012, Smith's Cowboys were honored as the USTFCCCA Scholar Team of the Year for their excellence in the classroom both seasons. Under Smith's watch, Oklahoma State cross country has been recognized as an all-academic team by the USTFCCCA eight times.

In 2013, the OSU track and field teams combined for 12 USTFCCCA All-Academic individuals, and both the men's and women's teams had the highest GPAs in the Big 12. Ryan Vail was an ESPN the Magazine/CoSIDA First-Team Academic All-American in both 2008 and 2009 to become the first repeat Academic All-American in OSU track history.

Smith arrived in Stillwater in 2002 and served as an assistant coach under Dick Weis for four years before being elevated to head men's cross country coach in 2006. Upon Weis' retirement following the 2008 cross country season, Smith was promoted to head men's track coach and, in the summer of 2009, Smith assumed control of both the Cowboy and Cowgirl programs under the title of director of cross country and track and field.

Dave Smith

Having placed 10th at the NCAA Cross Country Championships in 2006, third in 2007 and eighth in 2008, the Cowboys entered the 2009 cross country season as a proven commodity and were considered a possible threat to reigning NCAA champion Oregon and traditional power Stanford. OSU spent the entire season ranked in the top five nationally but was not ranked No. 1 at any point during the campaign. However, the Pokes toppled Oregon by 16 points at the NCAA Championships and overwhelmed top-ranked Stanford by a whopping 227 points to put an exclamation point on their NCAA title season.

Smith's strategy going into the race was to let his senior captain Vail lead the way. Through the first 3,000 meters, OSU was in third place, six points ahead of the Cardinal. At the midway point, OSU created some separation between itself and the rest of the field, with Vail leading the posse of Cowboy runners. Through 8,000 meters, OSU held a comfortable lead over second-place Oregon. From that point, the Pokes made their final surge to seal the victory.

When the smoke cleared, OSU crowned four All-Americans en route to winning the title, with Vail finishing seventh, sophomore Colby Lowe eighth, Kosgei 11th and sophomore Girma Mecheso 24th. For his efforts, Smith was honored as the USTFCCCA National Coach of the Year.

It was a different refrain in 2010, as the distance-running community had already developed a familiarity with Oklahoma State as the top dog. That said, Smith and the Cowboys still managed to turn heads by destroying the NCAA competition, racking up the fourth-largest margin of victory in the history of the NCAA Championships in defeating the field by a whopping 120 points. All five Oklahoma State scorers earned All-America recognition at the 2010 NCAA Cross Country Championships, led by the trio of Mecheso, Fernandez and Lowe, who finished seventh, eighth and ninth, respectively. Tom Farrell was 29th and Johnathan Stublaski was 36th.

In 2012, OSU went back and forth with Wisconsin all year at the No. 1 and No. 2 national rankings. The Cowboys took the No. 1 ranking to the NCAA meet, and ran like it, decimating the competition and winning the national title by 63 points over second-place Wisconsin. It was OSU's third team NCAA title in four years. Tom Farrell, Shadrack Kipchirchir, Girma Mecheso and Joseph Manilafasha took home All-America honors.

During the 2009 outdoor season – Smith's first as head coach – the Cowboys placed 25th in the final team standings and Fernandez won the 1,500 meter title. OSU's team finish was the best for a Cowboy team in 24 years and Fernandez became the Pokes' first NCAA champion since Paul Larkins in 1986. Additionally, Vail earned All-America honors in the 5,000 meters.

In the 2013 indoor season, OSU spent most of its time smashing school records. It started at the Razorback Invitational, when Farrell, Kirubel Erassa, Fabian Clarkson and Shane Moskowitz ran sub-four-minute miles at the same meet, something that had never been done in NCAA history. It ended with the Cowboys taking eighth place at the NCAA meet, a feat that had not been accomplished since 1984. Seven Cowboys combined for nine All-America honors--the most in OSU indoor history.

The Cowboys took home the Big 12 Indoor title again two years later in a dramatic 1.5-point win over Texas. The Pokes won five individual Big 12 titles en route to the team victory with Josh Thompson winning two titles. OSU scored 27 points in the 3,000-meter final, including 10 points from event champion Craig Nowak, to take the lead back from Texas with one event remaining. In the 400-meter relay, the Cowboys finished fifth to score four points to secure their second team title in three seasons.

Since Smith took over the women's program in 2009, perhaps his greatest protege to compete in America's Brightest Orange has been NCAA champion, eight-time All-American and nine-time Big 12 champion Natalja Piliusina, who also set seven school records during her time in Stillwater.

Piliusina paved the way for a new era of Cowgirl track and field and cross country that has since finished runner-up in the 2016 Big 12 Indoor Championships and finished in the top-10 at an NCAA Cross Country Championships and Indoor Championships, and 12th at the 2016 Outdoor Championships.

To put those numbers into perspective, the Oklahoma State women's program had tallied five All-Americans and seven Big 12 champions from 2004-09.

Kaela Edwards added to OSU's trophy case when she won the fourth NCAA Indoor title in Cowgirl history at the 2016 Championships in Birmingham, Alabama. Edwards is also one of two Cowgirls since 2014 to finish runner-up nationally in the 800-meter run with Savannah Camacho.

The 2016 season was by far the most successful in OSU history for the Cowgirls, having finished third in the USTFCCCA Program of the Year standings with top-12 finishes at each NCAA Championships during the season.

Ingeborg Loevnes and Natalie Baker were the two Cowgirl leaders during the cross country season, helping OSU to a perfect regular season and its first Big 12 title and Midwest Region Title. Loevnes took home an All-America honor and the Cowgirls finished seventh at the NCAA Cross Country Championships.

The Cowgirls carried the momentum from the historic cross country season into a great 2016 indoor season that was capped off with a 10th place finish and Edwards' title. Camacho also scored in the 800 and Chase Ealey in the shot put helped the Cowgirls to their best finish in school history.

Loevnes, Edwards and Ealey were at it again during the outdoor season along with Aurora Dybedokken who finished runner-up in the 5,000-meter final at the NCAA Championships a month after showing off her range and winning the Big 12's 1,500-meter title. Ealey also finished runner-up at the NCAA Championships in the shot put and earned her 11th and 12th All-Big 12 honor to cement her place in the OSU history books.

Loevnes finished fourth in the 3,000-meter steeplechase and Edwards took sixth in the 1,500-meter final, battling through a nagging injury.

Overall, the Cowgirls finished 12th for their highest outdoor finish in school history.

Under Smith's watch, the Oklahoma State women's cross country team placed fourth at the 2010 Big 12 Championships and was 17th at the 2010 NCAA Championships. Both of those showings were the best for the Cowgirls since 2005.

Smith came to Stillwater from Texas Tech, where he was the head men's and women's cross country coach, as well as assistant track coach from 1998-2002. Prior to his stint at Tech, Smith was a volunteer assistant coach for the University of Washington track and cross country programs from 1997-1998.

He was also the head coach of Club Northwest women's cross country and track those same years. Athletes that Smith coached prior to his arrival at Oklahoma State won two NCAA Championships, 10 All-American awards, 11 Big 12 Championships, and a World University Games gold medal.

While competing collegiately at Michigan State, Smith was the Big Ten Conference champion in the 10,000m in 1993 and placed second in the 1,500m that season. He earned All-Big Ten honors four times in cross country and track during his career.

An 11-time Academic All-Big Ten selection and three-time Academic All-America selection, Smith practiced what he now preaches to his student-athletes about the balance between athletic and academic success. Smith also won the Big Ten Conference Medal of Honor in 1993.

Smith graduated from Michigan State in 1993 with a degree in fisheries and wildlife, and continued his education at the University of Washington, where he earned a Ph.D. in pharmacology in 2000.

Dave Smith By The Numbers

14 NCAA INDIVIDUAL CHAMPIONS

crowned under Smith's watch, second to only Ralph Higgins for most by any coach in program history.

Leigh Daniel (1999 Women's Indoor 5,000) | Leigh Daniel (1999 Women's Outdoor 10,000) | German Fernandez (2009 Men's Outdoor 1,500) Natalja Piliusnia (2013 Women's Outdoor 1,500) | Chad Noelle (2015 Men's Outdoor 1,500) | Kaela Edwards (2016 Women's Indoor Mile) Nick Miller (2016 Men's Hammer Throw) | Sinclaire Johnson (2019 Women's Outdoor 1,500) I Taylor Roe (2022 Women's Indoor 3,000) I Fouad Messaoudi (2023 Indoor Men's 3,000 Meters) I Fouad Messaoudi, Charlie Bartholomew, Juan Diego Castro & Ryan Schoppe (2023 Indoor Men's DMR) I Brian Musau, DJ McArthur, Mehdi Yanouri, Ryan Schoppe (2024 Indoor Men's DMR) I Brian Musau (2025 Indoor 5,000 Meters) I Brian Musau (2025 Outdoor 5,000 Meters)

FOUR NCAA MEN'S CROSS COUNTRY CHAMPIONSHIPS

2009 | 2010 | 2012 | 2023

Cowboy cross country teams coached by Dave Smith claim more NCAA men's team titles than 340 other NCAA D1 cross country programs.

229 ALL-AMERICAN SELECTIONS

coached by Smith since he joined the program in 2002.

53 Cross Country All-Americans | 90 Indoor All-Americans | 86 Outdoor All-Americans

Twenty-time Big 12 Champ

2008
Men's Cross Country

2009
Men's Cross Country

2010
Men's Cross Country

2011
Men's Cross Country

2012
Men's Cross Country

2013
Men's Cross Country

2014
Men's Cross Country
Men's Indoor Track

2015
Men's Cross Country
Women's Cross Country

2016
Men's Cross Country
Men's Indoor Track

2019
Women's Cross Country

2020
Men's Cross Country

2021
Men's Cross Country
Women's Cross Country

2022
Men's Cross Country
Women's Cross Country

2023
Men's Cross Country
Women's Indoor Track

With Smith at the helm, Oklahoma State Cross Country and Track and Field has totaled:

175 Big 12 Individual **Champions**

65 USTFCCCA **All-Academic** Team Honors

During his tenure at OSU, Smith has tallied:

19 Big 12 **Coach of the Year** Awards

19 USTFCCCA **Midwest Region Coach of the Year** Honors

Assistant Coaches

OKLAHOMA STATE

CROSS COUNTRY AND TRACK & FIELD

Josh Langley

Associate Head Coach – Multis/Vault
10th year at OSU | 23rd year overall
WCU, 2003

Josh Langley came to Stillwater from North Carolina, where he was the assistant head coach, specializing in multi-events, javelin and pole vault, as well as throwing events. In the summer of 2023 after seven years with Oklahoma State, Langley was promoted from assistant coach to associate head coach and oversees multis and vaults at OSU.

In Langley's career, he has had four former athletes compete at the Olympic Games – Ariadni Adamopoulou (Greece, Pole Vault), Ieva Gumbs (Lithuania, Discus Throw), George Kitchens (United States, Long Jump), Sandi Morris (United States, Pole Vault).

Langley's work with the Pokes has redefined what it means for multis athletes and throws events specialists to compete at Oklahoma State. Most recently, Langley coached his first Big 12 champion in the Heptathlon with Annie Molenhouse taking the conference crown with a 200-point victory at the 2025 Big 12 Outdoor Championships. Molenhouse would then go on to earn second team All-America honors in the Hep.

Before Molenhouse, Langley coached Cowgirl great Bailey Golden to three straight appearances at the NCAA Outdoor Championships, becoming the first woman in program history to accomplish that feat in the Heptathlon. Golden earned the program's first All-America honor in the event in 2024 with her sixth-place finish at the national meet.

During her time with OSU, Golden would break four school records and left the program still holding three of them (indoor and outdoor Long Jump and Heptathlon). At the Big 12 Indoor Championships in 2023, Golden completed a Herculean effort as she competed in seven events overall, scoring a combined 21 points to help the Cowgirls secure their first-ever track & field conference title.

Olivija Vaitaityte also qualified for her second NCAA Outdoor Championships and first NCAA Indoor Championships in 2024, becoming the first Cowgirl multi to qualify for both the indoor and outdoor championships. Vaitaityte earned a pair of second team All-America honors and broke the school record in the Pentathlon with her mark of 4,162 points at the Razorback Invitational.

Since joining the Cowgirl program, Vaitaityte has become a six-time All-Big 12 honoree (2x Pentathlon, 4x Heptathlon) in addition to her pair of second team All-America finishes at the national championships. She was also the highest-scoring freshman in the NCAA at the 2022 NCAA Outdoor Championships. Internationally, Vaitaityte represented Lithuania on the Under-23 National Team. She was also the Lithuanian national champion in the Heptathlon in 2025

On the men's side, he guided Texas transfer Philip Frank to a pair of All-Big 12 finishes in the Heptathlon and Decathlon in 2024 to add to his All-Big 12 honor in the Dec in 2023. Frank left the Cowboy program holding both school records in the Hep and Dec with marks of 5,687 and 7,450, respectively. His Heptathlon score of 5,687 points at the 2024 Big 12 Indoor Championships earned him a second-place finish overall, which was the best-ever finish at the conference meet by a Cowboy multi.

In the throws ring, Rachel Neaves burst onto the scene during her true freshman campaign in 2023, finishing as the third-highest freshman at the NCAA West Prelims with a throw of 60.28 meters in the Hammer. Her toss ranked as the third longest in Cowgirl history at the time. From there, Neaves would go on to improve that mark to 60.86 meters during her sophomore season that culminated in a third-place finish at the Big 12 Championships in the Hammer Throw.

Hannah Bradford wrapped up her storied career with the Cowgirls in 2023 with her best campaign yet, qualifying for the NCAA West Prelims in both the Discus and Hammer Throws in her final season. Bradford finished as a three-time All-Big 12 honoree in the Weight and Hammer Throws and owns three marks inside the top 10 on OSU's all-time list (Weight, Hammer and Discus Throw).

On the men's side, Sam Mason has developed himself into one of the best all-around throwers in program history during his time with the Cowboys. Heading into his senior season, Mason is a six-time All-Big 12 honoree across three separate events (Weight, Discus and Hammer Throw). He also holds top 10 marks in all three events including the No. 2 spot in the Weight and Hammer Throws, behind only Cowboy Olympian Nick Miller.

Mason's teammate Zac Robbins has also turned into one of the best throwers in program history under Langley's tutelage. Robbins is an All-Big 12 honoree in the Weight Throw and sits third on OSU's all-time list in the Weight and Hammer Throws.

During the 2021-22 season, Langley guided Golden and Olivija Vaitaityte to the NCAA Outdoor Championships, becoming the first two Cowgirls to ever qualify for the national meet in the Heptathlon.

Golden, Vaitaityte and Maddie Meiner boosted the Cowgirl multi program into the national spotlight as all three qualified for NCAAs as underclassmen. Each of the three held the school record in the Pentathlon at some point, with the trio being the only three Cowgirl multis in program history to break the 4,000 point mark in the Pentathlon. During the 2022 season, OSU was the only school in the country to have three different women qualify for NCAAs in the multis events.

Quick to make an impact upon her arrival in Stillwater in 2020, Ariadni Adamopoulou quickly rose to the top of the Cowgirl history in the pole vault. The then-freshman from Athens, Greece, in the second collegiate meet of her career, earned the title No. 1 all-time Cowgirl in the event. On account of Langley's tutelage, Adamopoulou went on to best her own school record on four separate occasions; she set the record at a towering 4.37m and earned First Team Indoor All-American Honors as the fifth-place finisher at the 2021 NCAA Indoor Championship. Following her time with the Cowgirls, Adamopoulou would go on to qualify for the 2024 Paris Olympic Games in the Pole Vault, where she placed 20th overall.

Langley aided Washington State transfer Kelsey Kehl to a Big 12 title in the javelin throw in her first and only year in the orange and black. Kehl broke the program record during the 2021 regular season, then bested her own mark later that same season, solidifying her name and a 50.57m mark atop the Cowgirls' all-time list. Her claim to the Big 12 javelin crown came courtesy of a 50.03m throw.

Langley coached a pair of Cowboy multis in William Edmonds and Max Braht to All-Big 12 Honors in the heptathlon at the indoor conference championships in 2021. In the process of their podium-worthy performances, both Edmonds and Braht finished with top 10 all-time performances in program history in the event.

Langley was also able to guide Braht to a program record of his own: the javelin specialist claimed a school record in the javelin throw as a part of the men's decathlon during the 2021 regular season.

However, Braht would return for his senior season and rewrite the record books under Langley's leadership. He became the program's greatest multi-event athlete at the time after setting the school record in the indoor Heptathlon and outdoor Decathlon during the 2022 season to go alongside his Javelin record.

During his time at Oklahoma State, he has helped Blake Scott earn second-team All-American status in the Pole Vault. Scott became the first Cowboy to earn All-American honors in that event since Cowboy great Joe Dial did so in 1986.

During the 2019 outdoor season, Langley led Scott back to the NCAA West Regional for the second consecutive year. Scott also earned two all-conference honors under Langley's watch in 2019.

Assistant Coaches

Langley guided Torrey Hickel to a breakout season in the 2019 outdoor campaign where Hickel earned all-conference honors in the shot put. Langley led Hickel and Michael Releford to the 2021 NCAA West Preliminary Championships; the duo became the first two first round qualifiers in the same throwing event in program history.

Three of the four multi-athlete events saw school-record performances in 2019 under Langley as well.

He has also guided the Cowgirls to national success. In 2017, Langley coached Ieva Zarankaite to an Honorable Mention All-American honor in the discus. Following her collegiate career with OSU, Zarankaite went onto become a two-time World Championship qualifier and 2024 Olympic qualifier representing her home country of Lithuania.

Before coming to Stillwater, Langley was on the staff at North Carolina, where he was honored as the 2015 USTFCCCA Southeast Region Women's Coach of the Year for the indoor season. During that banner year for Langley, he coached Xenia Rahn, who scored 4,450 points in the pentathlon en route to a 3rd place finish at the NCAA Championships. Rahn's mark ranked as the 7th-highest in NCAA history at the time. During the outdoor season, she would break the ACC Record at the time in the heptathlon with a score of 6,057.

Rahn would later go onto make the Thorpe Cup team for Germany in 2015.

Langley and his athletes were huge staples for the UNC program, earning 44.5 of the Tar Heel women's team's 62.5 points at the ACC Indoor Championships back in 2015.

All-in-all, during the 2015 seasons, he coached two athletes to three ACC titles in the women's pentathlon and heptathlon, and the men's heptathlon.

Langley served as the Acting Head Coach in 2012 of the Tar Heels' program. In his debut season with the Tar Heels, two of Langley's pupils earned All-America honors in the decathlon.

Kwabena Keene broke the Ghanian national record in both the Shot Put and Discus Throw while at UNC and later competed at the African Championships.

Langley also coached former MiLB player Houston Summers to three All-ACC honors in the Javelin, where he finished with a personal-best throw of 71.01 meters.

In the Pole Vault, Parker Smith was a five-time All-ACC performer as well as a two-time All-American under Langley. Sandi Morris was also a three-time All-American in the Pole Vault while coached by Langley, including a silver medal at the Pan American Championships.

Prior to his time at UNC, Langley spent three seasons at Clemson and two at Gardner-Webb in Boiling Springs, North Carolina.

At Clemson, he coached the men's field events, all multi-events and the men's and women's pole vault. He had athletes qualify for the NCAA Championships in each year of his tenure, including Mitch Greeley, who finished as the national runner-up and qualified for the U.S. Olympic Trials in 2008.

While with the Tigers, Langley found a star at an unlikely place. He saw Kat Majester cheering on the sidelines at a football game and convinced her to try out pole vaulting. Majester went on to finish fifth at the U.S. Olympic Trials just three years after learning how to vault.

Back in 2007, Langley received USTFCCCA honors for the first time as he was named the East Region's Coach of the Year.

While at Gardner-Webb, Langley coached Cody MacArthur, who was named Field Event Performer of the Meet at the 2006 Atlantic Sun Championships after scoring 32 points in the throws events.

Langley earned his master's degree in Sports Science – Pedagogy from Gardner-Webb in 2005 while he was an assistant coach for the Bulldogs and helped them to the 2006 Atlantic Sun Conference men's outdoor crown, with his men's throwers scoring 92 points. He graduated from Western Carolina in 2003, where he was also a javelin thrower and a part of two conference titles. Langley is married to Layna, a former WCU volleyball standout, and they have three kids: Jayden, RJ and Lilly.

Langley and Annie Molenhouse after Molenhouse became first Cowgirl in program history to win a Big 12 title in the Heptathlon.

Assistant Coaches

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Giles McDonnell

Assistant Coach – Sprints/Hurdles/Relays
10th year at OSU | 17th year overall
UNM, 1999

Giles McDonnell is in his tenth year as an assistant track and field coach at Oklahoma State, working primarily with sprints & hurdles at OSU. McDonnell came to OSU after spending a year at Utah State. Before his time in Utah, he spent four seasons as the long sprints and hurdles coach at Texas State and two seasons at his alma mater, New Mexico as an assistant coach, where he coached the sprints, hurdles, relays and jumps.

McDonnell quickly had a major impact on development of sprinters at Oklahoma State as the athletes under his tutelage have rewritten the OSU record books and accomplished numerous program firsts.

Aaliyah Birmingham became the first sprinter at OSU to win a Big 12 individual title and saw the first woman's 4x4 qualify to the NCAA Outdoor Championships. Ashton Hicks became only the 2nd male sprinter at OSU to win a Big 12 title. Overall, OSU athletes coached by McDonnell have set school records in both men's and women's indoor and outdoor 400 Meters and 600 Yards, men's 600 Meters, women's 60 Meters, 100 Meters and outdoor 200 Meters. Both men's and women's indoor and outdoor 4x400 Meter Relay records have also fallen during his tenure. In just the eight years under McDonnell, 60 percent of the indoor and 35 percent of the outdoor top 10 marks in program history have been set.

McDonnell has demonstrated one of his greatest strengths as a coach is the evaluation and development of athletic talent. Each season, he continues to show he is one of the very best sprints coaches at Identifying and developing talent. During his time at OSU, he coached Ashton Hicks from a personal best of 46.8 to 45.6, Charlie Bartholomew from 46.66 to 45.40, DJ McArthur from 49.1 to 46.05 and a 45.10 electric relay split. Christina Ollison's previous personal best of 54.5 dropped to 53.11 and an electric split of 51.63 at the 2021 NCAA West Prelims.

In the longer sprints, Michaela Travers had a PR of 2:24.58 in the 800 Meters and 1:04.55 in the 400 Meter Hurdles. She left OSU with personal bests of 2:07.78 and 59.05. Tamara Woodley, having never competed in the 600 Yards prior to coming to Oklahoma State, became the school record holder with a time of 1:19.41, eclipsing the performance of Cowgirl great Leisa Knowles. Tori Ortiz came into her college career with a PR of 58.68 in the 400 and left OSU with PR's of 1:20.63 in the 600 Yards (3rd all time in OSU history) and 54.62 in the 400 Meters.

Prior to OSU,
Utah State:
AJ Boully - 49.83 to 46.43, with a 45.23 electric split at the 2016 NCAA West Prelims.
Brady Martin - 48.66 to 46.26.
Parker Bluth - 47.50 to 46.56.

Texas State:
Katie Miller 60.47 to 58.67 in 400 Meter Hurdles.
Chante'sean White - 59.67 to 57.29 in the 400 Hurdles.
James Hilliard - 50.38 in 400 Meters, 39.54 in the 300 Hurdles and 51.46 in 400 Hurdles.

Most recently, McDonnell played a key role identifying and signing some under the radar recruits, that turned into some of the nation's Best. In 2018, he successfully brought in one of, if not the best sprinting classes in OSU history. McDonnell signed sprinters that were all ranked top-20 nationally in the 400 Meters in high school.

Three of McDonnell's previous signees were invited to Brooks PR, one of the most prestigious high school invitational meets in the country. In just his first class in 2017, McDonnell brought in the third-fastest 400 Meter Hurdler in the country.

Under his watch, the recruits McDonnell attracts are able to convert their success in high school competition to outstanding athletic performances at the collegiate level. In the superb class' freshman year, Ashton Hicks was a standout. He made appearances at both the NCAA Indoor and Outdoor Championships. Hicks was the conference runner-up in the 400 meters at the Big 12 Indoor Championships and earned all-conference honors again at the Big 12 Outdoor Championships. He also broke the OSU indoor 400-meter record and nearly broke the outdoor mark as well.

LaKyron Mays also found success as a true freshman. He earned all-conference honors in the 400 meters during both the indoor and outdoor seasons and qualified NCAA West Regional alongside Hicks. Under McDonnell's tutelage, Hicks and Long continued to perform at a high level as they progressed as student-athletes. Hicks captured the 400 meters conference title that eluded him in 2019, clocking a 46.02 for the first-place finish the Big 12 Indoor Championship in 2021. Long also earned himself a spot atop the podium at the 2021 indoor conference championship as a member of the Cowboy DMR that earned the event win.

During the 2021 outdoor season, Hicks, with the McDonnell's guidance, returned to his All-American ways with a trip to the 2021 NCAA Outdoor Track and Field Championships. He added a second All-America honor to his collegiate resume during his trip to Eugene. On the women's side, one of the top two sprinters McDonnell added was transfer Aaliyah Birmingham. An all-timer for Oklahoma State sprints, Birmingham set a total of four program records to her name: indoor 60 meters (7.22), indoor 400 meters (53.15), outdoor 100 meters (11.31) and outdoor 400 meters (51.51). A two-time All-American, Birmingham made a pair of trips to the NCAA Outdoor Track and Field Championships as a Cowgirl in 2019 and 2021.

On account of McDonnell's coaching, Birmingham, Kalaya Ali, Tori Ortiz and Christina Ollison's combined efforts in the 4x400 Meter Relay cemented their names atop the Cowgirls' all-time list and earned them a trip to the NCAA Championships in 2021. In 2017, McDonnell brought a late addition to the Cowgirl roster in Nicolette Dixon, one of the better 400-meter runners in the state of Texas at the time of her signing.

McDonnell has also had strong impact on the development of student-athletes and OSU has seen a strong improvement in the sprints program overall direction. During his second year at OSU, he coached 4x100-meter and 4x400-meter relays that earned All-Big 12 honors. He coached the women's group that broke a 21-year old school record in the women's outdoor 4X400-meter relay. For the first time in school history, both the men's and women's 4x400-meter relays qualified for the NCAA West Preliminary round.

The men's 4x400-meter relay ran the 6th-fastest time in school history and the fastest time since 1984. McDonnell guided individual athletes to Big 12 success in Ambra Wesley, who qualified for the NCAA West Preliminary round for the first time in her career in the 800 meters under his guidance. She was also a first team All-American as a member of the indoor DMR team at the 2018 NCAA Indoor Championship. Standouts Malik Givens, Amira Coleman and Brandon Singleton all scored individual points in the very competitive Big 12 Conference.

Coleman achieved the 2nd-fastest time in school history in the 600 Yards and developed into a critical leg on the women's school-record setting 4x400-meter relay team. McDonnell played an integral role in shaping Malik Givens' 60 meters third-place finish at the Big 12 Championships in 2017. Another athlete under McDonnell's tutelage, Brandon Singleton, finished sixth in the 600 Yards and was a first team All-American as a member of the DMR squad at the 2017 NCAA Indoor Championships. Under his direction, the 4x100-meter relay team made it to the West Regionals and Jacob Fincham-Dukes, Logan Daily, and Temitope Olonisakin each recorded personal bests in the 100 Meters.

Before coming to Oklahoma State, McDonnell enjoyed tremendous success at every program he has been a part of. In 2016, McDonnell was recognized as the Mountain Region's Coach of the Year by the USTFCCCA for leading the Utah 4x400 Meter Relay team to first team All-America

Assistant Coaches

honors in Eugene. During his time at New Mexico and Texas State, McDonnell coached 22 individual NCAA West Preliminary qualifiers, five relay NCAA West Preliminary qualifiers, one relay NCAA Outdoor Finals qualifier, two individual Outdoor Finals qualifiers and one individual NCAA Indoor qualifier. He also coached 14 conference champions, 50 all-conference performers, 64 indoor/outdoor conference finalists and scorers, a second team NCAA All-American, four USTFCCCA Academic All-Americans and a pair of USA Junior National Outdoor Championships competitors.

In his time at Texas State, McDonnell had a tremendous impact on the program, helping the program capture four team conference championships. He worked with the athletes in the long sprints, 400 Meter Hurdles and 4x400 Meter Relay. In all, he coached 25 all-conference performers, four individual conference champions, two scholar-athletes of the year and guided his group to 37 top-10 all-time Texas State performances. McDonnell also coached his athletes to success on the national level with 19 NCAA West Preliminary participants and three USTFCCCA Academic All-Americans.

2015 was a banner year for the sprint group at Texas State, highlighted by the first relay squad to qualify for the NCAA Championships for the school since 1989. Working with the 4x400 Meter Relay was one of McDonnell's primary responsibilities and the results were impressive. Overall, Texas State had a 4x400 Meter Relay team qualify for the West Prelim every year McDonnell worked at Texas State. The women's indoor 4x400 Meter Relay school record was broken and he helped guide the second-fastest relays in school history for both the men's indoor/outdoor relay and the women's outdoor relay. The athletes he worked with all enjoyed considerable improvement under his guidance, with a high percentage of them establishing marked improvements on individual personal records.

In his first season with the Bobcats, McDonnell worked directly with the long sprints group (400 Meters and 400 Meter Hurdles), but also assisted with both the 100 and 200 Meter groups, with the team seeing immediate improvement. Numerous school records were established, the men's team scored a runner-up finish at the 2012 Southland Outdoor Championships and a record number of athletes qualified for the NCAA West Preliminary rounds. Athletes coached by McDonnell ran on the first 4x100 Meter Relay to win a conference title in school history. In the 400 Hurdles, McDonnell guided athletes to an individual conference title, an all-conference performance and two NCAA West Prelim berths. Both women cut more than two seconds off their personal records and one set the Southland Conference meet record.

While at New Mexico, McDonnell helped the Lobos enjoy their highest conference finishes at the time in 2010 and 2011. In 2011, New Mexico had its highest combined finish in program history and set records for most points scored for both programs in the Mountain West. UNM sent athletes to the NCAA Championships in the men's 100 Meters, men's Long Jump, men's Triple Jump, men's 4x100 Meter Relay, women's 400, women's Long Jump and women's Triple Jump.

An Albuquerque native, McDonnell returned to New Mexico in 2009 after a stint as an assistant coach at Northern Arizona, where he worked with the sprinters and jumpers.

While at NAU, the Lumberjacks won four Big Sky Conference titles in a span of two years and sent athletes to the NCAA Regional Championships in the men's 200 Meters, men's 400 Meters, men's 4x100 Meter Relay and the women's Triple Jump.

McDonnell began his coaching career as an assistant coach at Albuquerque's Eldorado High School. In his five years there, McDonnell guided more than 40 athletes to the New Mexico 5A State Championships with titles coming in the sprint relay, 4x400 Meter Relay, 400 Meters, 110 Meter Hurdles and Long Jump. In 2007, the 4x100 Meter Relay team broke a 20-year old school record after the 4x200 Meter Relay broke a 19-year-old record in 2006. McDonnell had five top-five team finishes at the state meet, and five of his athletes went on to compete at the NCAA Division I level.

As a Lobo, McDonnell competed in the jumping events from 1994-99. He placed in both the Long and Triple Jump and was part of the first Lobo team to compete in the Mountain West Conference Championships. McDonnell earned a bachelor's degree in communications at New Mexico. He holds a Level I USATF Certified Instructor Certification, Level I USATF Track and Field Certification and two Level II Certification in sprints, hurdles and combined events.

Assistant Coaches

OKLAHOMA STATE

CROSS COUNTRY AND TRACK & FIELD

Zivile Pukstas

Assistant Coach – Jumps
23rd year at OSU | 23rd year overall
SMU, 2003

Zivile Pukstas is in her 23rd year at Oklahoma State since joining the staff in 2003. She assists primarily in jumps.

Most recently, Pukstas coached Blair Anderson to new heights, becoming one of the greatest jumpers in Oklahoma State history. In 2025, Anderson won his first Big 12 title in the Long Jump at the Big 12 Indoor Championships with his jump of 7.62 meters. He would then go on to finish as the Big 12 runner-up in the Long Jump outdoors before his meteoric rise at the NCAA West Prelims, where he hit a massive personal best of 7.93 meters, which put him second in program history. At the NCAA Championships, Anderson launched himself into Oklahoma State lore as he jumped 8.02 meters (+2.4) to earn the silver medal, the highest finish of any long jumper in program history.

During the 2023-24 season, Pukstas coached Winny Bii to her first Big 12 title in the Triple Jump at the Big 12 indoor championships in addition to first team All-America honors. Bii broke the school record in the Triple Jump with her mark of 13.72 meters at the Eagle Elite Invitational. She also broke the TJ record outdoors at the African Games at 13.64 meters, earning a second-place finish overall. She also coached tryout athlete out of Choctaw, Okla., Blair Anderson, to a second-place finish at the Big 12 Outdoor Championships in the Long Jump in 2023.

Pukstas recruited and coached the best Cowboy jumper of all-time in Jacob Fincham-Dukes. Fincham-Dukes earned All-America awards in the indoor and outdoor long jump in 2019. He also broke his own school record in both seasons, including an eight-meter jump at the NCAA Outdoor Championships.

Pukstas saw Fincham-Dukes win the Big 12 in the indoor long jump in 2019, which was the English jumper's second conference title.

All but one of Oklahoma State's outdoor women's jumping records have been set under Pukstas' watch; her work with the Cowgirls' jumps specialists has been a staple of the program since her arrival.

Pukstas' leadership has aided Finnish jumps athlete Saara Hakanen into Oklahoma State track and field history. Hakanen's versatility has made her a skilled competitor in the high jump, long jump and triple jump. In 2019, Hakanen earned All-Big 12 honors at the indoor conference meet with a 6th-place, 12.78m leap in the triple jump.

With a special knack for the triple jump and another season spent under Pukstas, Hakanen broke the Cowgirls' indoor triple jump record with a 13.18m/43-3 leap at the 2021 Texas Tech Shootout.

Hakanen closed out her sophomore indoor season with Pukstas as a two-time Indoor All-Big 12 honoree after placing eighth in the triple jump and finishing runner-up in the high jump with a 1.78m/5-10 height, which ties her for first all-time with Tammy Lienhard's showing at the 1979 AIAW Championships.

Hakanen also rocketed herself up the OSU record books during the outdoor season. She sits at second all-time by a Cowgirl in both the high jump (1.82m/6-11.5) and the triple jump (13.17m/43-2.5).

Cowgirl high jumper Toni Young earned All-America honors by placing fifth at the 2012 NCAA outdoor meet. She became OSU's first-ever female high jump All-American and shattered the school record by clearing 1.87 m/6-01.50 at the national meet.

Pukstas coached Clarissa Andrews to lengths never before reached for a jumper at Oklahoma State, as Andrews claimed the school record in both the outdoor long jump and the outdoor triple jump under Pukstas' watch.

Andrews' triple jump mark of 13.11 m/43-00.25 at the 2011 Big 12 Championships obliterated the previous school record of 12.89 meters/42-03.5.

In 2014, Pukstas coached Viktoriia Sadokhina to two big 12 titles at both the Indoor and Outdoor Big 12 Championships. She also broke Andrews' school record with a 13.35m jump to take the outdoor crown.

In 2018, Pukstas brought in a young group of jumpers to add to her already impressive roster for OSU. Emily Rogers came in and nearly set the school record in the high jump, both indoor and out.

Jacob Fincham-Dukes once again starred, earning an All-Big 12 honor indoors and making it once again to the NCAA Outdoor Championships.

In the 2017-18 seasons, Pukstas made her impact felt through Jacob Fincham-Dukes, the star jumper for the Cowboys. Fincham-Dukes had a successful sophomore campaign, winning the 2017 Big 12 title in long jump and setting a personal best along the way, all under the guidance of Pukstas.

At the 2016 Big 12 Indoor Championships, Pukstas' jumpers recorded a crucial nine points in the long jump when Fincham-Dukes finished second and Simon Imagbe claimed eighth.

Those 13 points helped push the Cowboys over Texas in a 1.5-point win at the Championships. It was the Pokes' second conference indoor title in three years.

In 2009, Andrews and Baiba Blumbaha logged the two best outdoor long jump marks in school history at the Big 12 Championships and both went on to compete at the NCAA regional meet. Blumbaha then went on to suit up for the Cowgirls at the national meet.

Pukstas also had an impressive addition to her resume in 2011, as she coached men's walk-on Taylor Buck to some of the best high jump performances in school history. Buck's high jump of 2.14m/7-00.25 was the highest mark at Oklahoma State in decades and ranks third in school history.

During her career at Oklahoma State, Pukstas coached triple jumper Paula Ogunbanjo to a third-place finish at the 2004 Big 12 Indoor Championships and helped develop Ogunbanjo into an NCAA qualifier in 2005. Pukstas also coached heptathlete Tihana Sarac to a school record in 2005.

Pukstas attended Southern Methodist University after beginning her jumping career in her home country of Lithuania. Pukstas not only set the school record in the triple jump for the Mustangs, but also represented SMU at the 2003 NCAA Indoor and Outdoor Championships. Pukstas placed ninth in the Indoor Championships, while claiming a 12th-place finish at the Outdoor Championships.

Before completing her career at SMU, Pukstas was Lithuania's national champion in the triple jump in 2001 and 2003. She set the Lithuanian junior national record in the triple jump in the under-18, under-20 and under-23 divisions.

Pukstas is married to Mindaugas Pukstas, a former Olympian who competed for OSU. The couple has two children, Rokas – born in 2004 – and Gabija – born in 2007.

Assistant Coaches

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

John Oliver

Assistant Coach - Distance
3rd year at OSU I 16th year overall
North Central College, 2009

Oliver spent six seasons at Purdue as an assistant distance coach, with the last two as the head cross country coach with the Boilermakers. Under his tutelage, the Boilermakers' men's cross country team qualified for the NCAA Championships three times in a row for the first time in 60 years. Purdue also earned their highest finish at the Big Ten Cross Country meet in 35 years with a second-place finish in 2018.

The Boilermakers also earned their highest finish in 69 years at the NCAA Cross Country Championships (11th) under Oliver and won their first regional championship in program history in 2019 at the Great Lakes Regional.

Prior to Purdue, Oliver was an assistant coach at Stanford for the cross country and track & field team. During his time in Palo Alto, the cross country team earned three straight podium finishes from 2014-16, including runner-up finishes in 2014 and 2016. American distance legend Grant Fisher also won an NCAA title in the outdoor 5,000 Meters in 2017.

Prior to his time at Stanford, Oliver spent four seasons at Syracuse as an assistant coach and director of operations.

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Mason Harbour

Assistant Coach - Sports Information
2nd year at OSU I 2nd year overall
Oklahoma State, 2021

Mason Harbour joined the OSU staff as an assistant coach after spending two seasons as a graduate assistant for the track & field and cross country program. Harbour also serves as the program's Sports Information Director, where he is the primary communications contact and oversees all forms of media.

Harbour graduated from Oklahoma State in 2021 with a degree in Sports Media and originally hails from Powder Springs, Georgia.

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Abbie Fredrick

Assistant Coach - Distance
2nd year at OSU I Sixth year overall
Black Hills State, 2020

Abbie Fredrick joined the OSU staff an assistant coach in 2024 specializing in middle and long distance. Fredrick came to Stillwater from Baylor, where she served as an assistant distance coach for the two seasons.

In her first season with the Cowgirls, the OSU women won the NCAA Midwest Regional title in cross country by 15 points with 61 overall, with four Cowgirls being named to the All-Region team. She also coached freshman Isca Chelangat to runner-up honors at the Big 12 Outdoor Championships in the 5,000 Meters before going onto the national meet, where she was a second team All-American.

In just her first season at Baylor, Fredrick assisted the distance squad to three individual all-region finishes at the NCAA South Central Regional with both teams in the top 10. Staying stellar in the classroom, Ellie Hodge, Ryan Hodge and Drew Snyder also were recognized as All-Academic with the USTFCCCA for cross country and both teams were also recognized.

She also coached Annamaria Kostarellis, who placed ninth at the 2023 NCAA Outdoor Championships in the 10,000 Meters and broke the Baylor school records in both the outdoor 5K and 10K. Kostarellis was also a three-time All-Big 12 honoree in her lone season with the Bears.

Fredrick made her way to Baylor from her alma mater of Black Hills State University, an NCAA Division II school in Spearfish, S.D. In her one year with the Yellow Jackets, Fredrick doubled the recruiting class size from the year prior.

Before returning to her alma mater, Fredrick was an assistant track & field coach at Dawson Community College in Glendive, Mont. In her time at DCC, she coached the program's first All-America honoree in cross country. Along with the distance events, Fredrick worked most closely with sprints, middle distance and oversaw strength and conditioning efforts.

Fredrick was also an accomplished athlete during her collegiate career, earning All-America and All-Academic honors in her time. She earned Rocky Mountain Athletic Conference weekly honors in February 2020 after running a 4:53.25 (converted) mile, which landed her No. 14 at the time that season in Division II.

Fredrick graduated high school from Cheyenne East H.S. in Cheyenne, Wyo.

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Ryun Godfrey

Assistant Coach - Distance
2nd year at OSU I 28th year overall
North Dakota State, 1996

Godfrey joined the OSU staff in 2024 after spending the previous season as head cross country coach and assistant track & field coach at Nebraska.

In his first year with the Cowboys, Godfrey coached Jinah Mickens-Malik to a runner-up finish in the 600 Yards at the 2025 Big 12 Indoor Championships. He also coached 800 Meter specialists Mehdi Yanouri and Hafez Mahadi to school record times in the 800 Meters during the indoor season, with Yanouri breaking the record at 1:47.12.

While at Nebraska, he coached the cross country team to some of their best finishes in 12 years in 2023. The women tied their best finish at the Big Ten Cross Country Championships, taking seventh overall. That marked the top team placement since 2011, the year Nebraska joined the Big Ten. The women added a seventh-place finish at the NCAA Midwest Regional, their best regional finish since 2011. In each of the 2023 meets, a freshman crossed the line first for the Huskers.

During his Nebraska tenure, the Huskers won two Big Ten Team Championships and Godfrey coached five top-ten performances in program history, including two school records. Two individuals also earned Big Ten medalist honors as top-3 finishers in the conference.

Prior to Nebraska, Godfrey had coaching stints at Arizona State, Kansas State and North Dakota State.

The 28-time Conference Coach of the Year selection and six-time DII Region Coach of the Year honoree was twice named Midwest Region Coach of the Year, while also receiving DII Coach of the Year and North Dakota Sports Writers/Sportscaster Coach of the Year recognition.

Godfrey has coached four athletes who have qualified for the USA Championships and Olympic Trials, including two finalists. He has also helped two collegiate athletes to World/Olympic standards in the 800m.

On the collegiate level, Godfrey has coached a DI runner-up (800m), a DII champion (400m Hurdles and 800m), two DII 4x400m relay champions, 12 DI All-Americans and 16 DII All-Americans. At the conference championships, he has coached three Big 12 champions, 11 Summit League champions and 11 North Central Conference champions.

Prior to Nebraska and Arizona State, Godfrey spent

eight seasons coaching at Kansas State, helping the Wildcats to two Big 12 Championships in 2017 and 2018. He coached the Wildcats to five school records and helped three K-State runners earn All-Big 12 honors in cross country, two athletes earned Midwest All-Region honors and a pair of qualifiers for the NCAA Cross Country Championships.

He also coached three Big 12 individual champions, five Big 12 medalists and a first-team All-American in the 800 Meters. 18 athletes coached by Godfrey cracked the Kansas State top-10 list in program history.

Before his time at K-State, Godfrey was the head track and field/cross country coach at North Dakota State for 15 years, helping the Bison set 24 school records. NDSU won the DII Indoor Championships in 2002 and finished in the top four in 10 seasons as a team at the NCAA Championships.

Godfrey's guidance led NDSU to 30 conference championship titles, including 13 indoor titles, 13 outdoor titles and four titles in cross country.

Godfrey is a 1996 graduate of NDSU where he ran for four years before holding a one-year graduate assistant position. He earned all-conference honors and was a member of seven NDSU league champion squads. He has a bachelor's in physical education, has USATF Level II certification in three different areas (endurance, sprints hurdles & relay and jumps) and is a member of the National Strength and Conditioning Association.

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Greg Watson

Assistant Coach - Throws
2nd year at OSU I 18th year overall
Southern Utah, 2008

Watson came to Stillwater from Kansas State in 2024, where he served as an assistant coach in charge of the throws program from 2021-24. He spent a total of eight seasons with the Wildcats, previously leading the throws group from 2013-18. In between, Watson coached for three seasons at LSU from 2018-21.

Watson immediately elevated the throws program to the top tier of the Big 12, with the Cowgirls scoring the most points in both the Weight and Hammer Throws at the conference meet in 2025. He also coached Kansas State transfer Emma Robbins to first team All-America honors in the Hammer Throw at the NCAA Outdoor Championships with her fourth-place finish overall. In her lone season as a Cowgirl, Robbins rewrote the record books, breaking the school records in both the Weight and Hammer Throw multiple times and earning runner-up finishes at the Big 12 Championships in both events. Watson also coached Oklahoma natives Rachel Neaves and Johnna Orange to All-Big 12 honors in both events, with Neaves setting the second-best Hammer Throw in school history behind Robbins.

In his final season at Kansas State, Watson coached Monique Hardy to a pair of Big 12 titles in the Hammer and Weight Throws. Hardy was also a second team All-American indoors in the Weight Throw in 2023. On the men's side, Kade McCall won the Big 12 title in the Hammer Throw and was third indoors in the Weight Throw.

He has also coached former Kansas State thrower Janee Kassanavoid to silver and bronze medals in the Hammer Throw at the 2022 and 2023 World Athletics Championships, respectively, representing the United States.

During his time at LSU, Watson helped lead the Tigers to the 2021 men's team national title, while also coaching several prominent athletes, including 2021 NCAA champion Tzuriel Pedigo in the men's javelin. Pedigo won LSU's first national championship in the event since 1967, as his throw of 76.98m/252-7 established a new school record. On the women's side, he coached an SEC champion in the hammer, as freshman Emma Robbins broke a facility record with a throw of 67.17m/220-4 in 2021.

Prior to LSU, Watson spent five years (2013-18) at K-State where he had two throwers win NCAA titles (Shadae Lawrence and Dani Winters) while helping Winters post an indoor shot put record heave of 17.97m/58-11.50. In 2017, he coached Lawrence to the first national title in program history in the discus (61.37m/201-04). For his efforts, Watson was named the 2017 USTFCCCA Midwestern Women's Assistant Coach of the Year.

During his first tenure at K-State, Watson was part of a coaching staff that helped guide the Wildcats to back-to-back Big 12 women's team titles (2017, 2018) at the outdoor championships.

Watson coached at Texas State for two years (2011-13) before leaving for K-State. He helped the Bobcats to three conference titles while directly coaching eight individual conference champions and three school records.

Serving as the volunteer assistant coach at UNLV from 2008-13, Watson tutored future Olympian Amanda Bingson. Bingson earned the Mountain West Outstanding Performance Award in 2010 and 2011. Bingson clinched back-to-back USATF national titles in 2013 and 2014.

Within Watson's 17 years of coaching, he has earned six conference team championship, one NCAA team championship and coached three individual NCAA national champions. Watson has also coached numerous NCAA All-Americans and individual conference champions.

Watson competed at Southern Utah where he set the school record in the hammer throw with a toss of 65.98m/216-06. Watson was able to train under the guidance of world-renowned throws coach Anatoliy Bondarchuk, where he won three Summit League Titles between the weight and hammer throw.

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Levi Dorsett

Director of Operations
1st year at OSU | 7th year overall
West Alabama, 2017

Oklahoma State track & field and cross country welcomed the addition of Levi Dorsett to its staff as the new Director of Operations in 2025.

Dorsett joined the OSU staff from Ole Miss, where he spent the past six seasons as the Director of Ops for both the men's and women's track & field and cross country programs. While at Ole Miss, Dorsett handled day-to-day oversight of all the team's administrative responsibilities, including travel coordination, meet operations and promotion of the program in addition to others.

"I am excited to join the Oklahoma State staff and be part of a program with such a strong tradition," Dorsett said. "I'm thankful for the opportunity Coach Smith has given me here and the trust he's placed in me. The chance to work alongside him and help support the student-athletes is something I am grateful for."

In 2022, Dorsett was a key member of the organizing committee for both the 2022 SEC Outdoor Track & Field Championships and 2022 SEC Cross Country Championships, both of which were held in Oxford, Miss., within five months of each other. Dorsett also has considerable meet operations and management experience across the track world, including the World Athletics Championships, the U.S. Olympic Trials and U.S. Outdoor Championships, the Prefontaine Classic, the ACC Championships and several other high-end meets across the United States. Dorsett is a certified USATF meet official.

Dorsett serves as a committee member for the director of operations sessions at the USTFCCCA Coaches Convention, at times presenting to coaches and operations staff nationwide.

Dorsett hails from Odenville, Alabama, and was a letterwinner at the University of West Alabama, where he was a team captain for the school's nationally ranked cross country program as well as its first conference championship team. Dorsett graduated from UWA in 2018 with a bachelor's in physical education and a minor in exercise science, and he completed his master's in higher education administration with an emphasis in intercollegiate athletics from Ole Miss in 2020 while a student manager for the track program from 2018-20.

For a director of operations, no workday ever looks the same. Dorsett's duties include assisting the coaching staff with on-campus recruitment, handling team travel arrangements and directing home OSU cross country meets.

THE COWGIRLS

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Katie Armstong

Distance – RJr. I RJr. I Sr.
Lucas, Texas I Lovejoy HS

Personal Bests
1,500 Meters – 4:34.49
Mile – 5:08.75
3,000 Meters – 9:51.96
Steeplechase – 11:16.96
5,000 Meters – 17:33.05
3K (XC) – 10:59.1
6K (XC) – 22:22.6

Honors and Awards
2025 Track & Field Academic First Team All-Big 12
2024 Cross Country Academic First Team All-Big 12
2024 Track & Field Academic First Team All-Big 12
2023 Cross Country Academic First Team All-Big 12

2025 Outdoors
Set a pair of personal bests during the outdoor season, clocking a time of 17:33.05 in the 5K at the John Jacobs Invitational and 4:34.49 in the 1,500 Meters at the Arkansas Twilight.

2025 Indoors
Set a new personal best in the Mile with her time of 5:08.75 to open her indoor campaign at the Arkansas Invitational... Followed that up with another personal best in the 3,000 Meters of 9:51.96 two weeks later at the Razorback Invitational.

2024 Cross Country
Ran a pair of personal bests in her first two meets of the season with her times of 10:59.1 (3K) and 22:22.6 (6K) at the Cowboy Preview and Cowboy Jamboree, respectively.

2024 Outdoors
Opened her season with a third-place finish in the Steeplechase at the Arkansas Spring Invitational... Ran a personal-best time of 4:46.29 in the 1,500 Meters at the John McDonnell Invitational.

2024 Indoors
Placed fifth at the DeLoss Doods Invitational and eighth at the Arkansas Qualifier in the 3,000 Meters.

2023 Cross Country
Competed in the Cowboy Preview, placing 40th overall.

2023 Outdoors
Armstrong kicked off her career in orange and black at four meets during the outdoor season... Competed in two separate events, setting personal bests of 4:49.58 in the 1,500 Meters and 11:16.96 in the Steeplechase.

2022 Cross Country
Ran unattached in the Cowboy Jamboree and Weis-Crockett Invitational, finishing the 6K races in 23:09.9 and 23:00.7, respectively.

High School
Attended Lovejoy High School in Lucas, Texas... Lettered all four years in cross country and track and field... Was an All-District honoree and a 5A Team State Champion in 2021... Also played soccer.

Personal
Daughter of Chad and Julie Armstrong... Born June 12, 2004... Sibling to John, Luke and Emily Armstrong... Majoring in marketing.

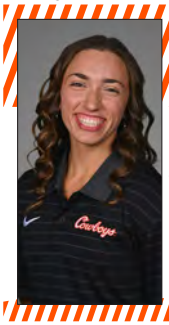
OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Brooke Beck

Distance – Fr. | Fr. | Fr.
Pleasant Hill, Missouri | Pleasant Hill HS

High School
Attended Pleasant Hill High School in Pleasant Hill, Missouri... Was a three-time Missouri state champion in the 400 Meters... Was a 17-time all-state honoree between cross country and track & field... Broke five high school school records and owns the Missouri Class 4 state record in the 400 Meters (53.25)... Lettered all four years in cross country and track & field and two years in basketball.

Personal
Born May 6, 2007, in Pleasant Hill, Missouri... Daughter of Nick and Ashlie Beck... Has two siblings, Ellie and Huxly... Majoring in Business Management.



OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Kessiah Bemis

Multi-Events – - | Sr. | Sr.
Fayetteville, Arkansas | Arkansas

Personal Bests
60 Meter Hurdles – 8.82
100 Meter Hurdles – 14.12
400 Meter Hurdles – 1:02.74
200 Meters – 24.12
400 Meters – 55.54
600 Meters – 1:35.44
800 Meters – 2:19.95
High Jump – 1.59m/5-2.5
Javelin Throw – 33.52m/110-0
Long Jump – 5.98m/19-7.5
Shot Put – 9.59m/31-5.75
Heptathlon – 5,144 Points
Pentathlon – 3,706 Points

Honors and Awards
2025 Track & Field Academic First Team All-Big 12
2024 USTFCCCA All-Academic

Prior to OSU (Arkansas)
Transferred to OSU from Arkansas, where she competed both indoors and outdoors for one season for the Razorbacks.

2025 Outdoors
Set a new personal best in the 100 Meter Hurdles at the ORU Invitational with her time of 14.12... Competed in her first Heptathlon of the season at the Jim Click Shootout, setting a personal best in the 200 with her mark of 24.12 on her way to an overall score of 4,951 points... At the Big 12 Outdoor Championships, Bemis placed 11th overall in the Heptathlon with her score of 5,050 points... Set two new PRs at the Big 12 Championships in the Shot Put and the Javelin Throw.

2025 Indoors
Opened her season competing in three separate events at the Arkansas Invitational... Completed her first Pentathlon of the season at the DeLoss Dodds Invitational, scoring 3,532 points overall... Placed second at the Arkansas Qualifier in the Long Jump.

2024 Outdoors
Kicked off her outdoor season with an all-conditions personal best in the Long Jump at 6.00 meters... Completed her first Heptathlon for the Cowgirls at the Jim Click Shootout with a score of 4,932 points... Won the Heptathlon at the John Jacobs Invitational with a personal-best score of 5,144 points, which ranks sixth in school history... Competed in both the Heptathlon and 4x400 Meter Relay at the Big 12 Outdoor Championships.

2024 Indoors
Opened her career in the orange and black with a second-place finish in the Long Jump with a mark of 5.92 meters, which ranked eighth in program history at the time... Completed her first pentathlon at the DeLoss Dodds Invitational, placing fourth overall with 3,706 points, good enough for fifth in program history... Earned another second-place finish in the Long Jump at the Arkansas Qualifier with her leap of 5.82 meters... Competed in the 400 Meters, Long Jump and 4x400 Meter Relay at the Big 12 Championships.

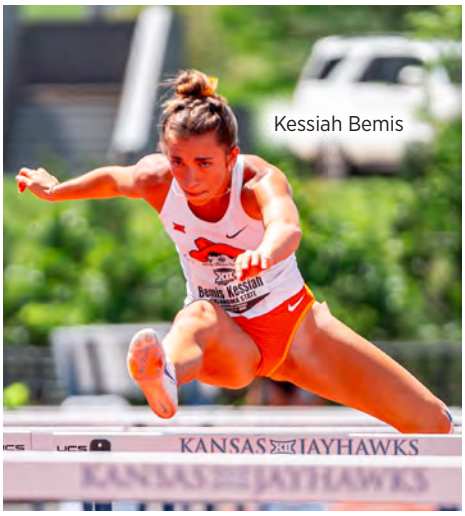
High School
2022 graduate of Fayetteville HS in Arkansas ...

The Cowgirls

Coached by Andrew Yoakum as well as Brad Culp, Cameron Bennett, Brooke Schafer, Justin Jordan, and Matthew Peterson ... Famous alum of school includes Wallace Spearmon, Jr. ... Holds school records in 300m Hurdles and Heptathlon ... Set high school bests of 12.38 (100), 25.28 (200), 14.99 (100 Hurdles), 44.64 (300 Hurdles), 59.09 (400 Hurdles), 18-6.75 (Long Jump), 37-3.25w (Triple Jump), and 4,505 (Heptathlon) ... Named NWA Democrat Gazette Athlete of the Year in 2022, earned Newcomer of the Year in 2019 ... Also earned MVP honor at 2020 Indoor state meet ... During 2022 Arkansas 6A State outdoor meet, claimed silver in 400m and gold in 300m Hurdles, which were held 20 minutes apart ... Competed in a total of 10 races, prelims and finals, during State meet ... Added silver medal in 100 and triple jump, along with bronze in 200 ... Produced score of 4,420 points in heptathlon to win the event at The Florida Invitational ... Then improved to 4,477 to win title at Arkansas Heptathlon ... During Arkansas Meet of Champions, won titles in 200 (25.28 PR) and 300 hurdles (44.68) ... Silver medalist in heptathlon with career best of 4,505 at 2022 AAU Junior Olympics held at North Carolina A&T ...

Indoors in 2022, finished second in four events – 60, 200, 400, and long jump – while placing third in Triple Jump at Arkansas State meet ... As a sophomore in 2020, runner-up in 60, 200, and 400 at Arkansas State Indoor, while placing third in 60 Hurdles and Long Jump ... In freshman season at 2019 Arkansas 6A State meet, won 300 hurdles (45.66), runner-up in 200 (25.95) and 400 (58.89 PR), while placing third in Triple Jump ... Also ran on runner-up 4 x 400 relay at Arkansas 6A State meet as well as Arkansas Meet of Champions.

Personal
Kessiah Bemis was born March 1, 2004, in Fayetteville, Arkansas ... Daughter of Harold and Amy Bemis ... Has three siblings, Shiloh, Benjamine, and Oliver ... Ambition is to compete professionally ... Person she most admires is her father ... Very interested in fashion and finds lots of joy putting together fun and unique outfits ... Also, really enjoys painting and doing artistic things ...



Kessiah Bemis

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Kayleigh Bowie

Sprints – - | Fr. | Fr.
Richmond, Texas | Foster HS

High School
Attended Foster High School in Richmond, Texas... Lettered all four years in track and was a state finalist in the 400 Meters... Was also a co-captain on her high school volleyball team.

Personal
Daughter of Krystal and Joshua Bowie II... Born April 30, 2007, in Richmond, Texas... Majoring in Biology and has two siblings: Joshua and Jaxon.

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Cayden Brickman

Distance – RJr. | Sr. | RJr.
Stillwater, Oklahoma | Stillwater HS

Personal Bests
1,500 Meters – 4:41.20
Mile – 4:59.66
3,000 Meters – 10:06.64
5,000 Meters – 17:37.42
3K (XC) – 11:25.4
6K (XC) – 22:55.4

Honors and Awards
2025 Track & Field Academic First Team All-Big 12
2024 Cross Country Academic First Team All-Big 12
2024 Track & Field Academic First Team All-Big 12
2023 Cross Country Academic First Team All-Big 12

2025 Outdoors
Competed three times during the outdoor season, earning a new personal best in the 5,000 Meters at the John Jacobs Invitational.

2025 Indoors
Opened her season in the 3,000 Meters at the Arkansas Invitational... Competed twice in the Mile at the Razorback Invitational and Arkansas Qualifier.

2024 Cross Country
Ran a pair of cross country personal bests at the Cowboy Preview (3K) and the Cowboy Jamboree (6K).

2024 Indoors
Competed three times in two different events indoors, setting a new personal best in the 3,000 Meters with her time of 10:06.64 at the Arkansas Qualifier in February.

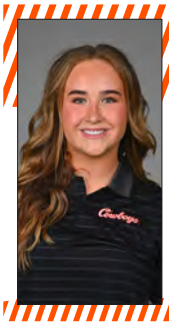
2023 Cross Country
Competed twice for the Cowgirls during the cross country season... Finished with personal bests in both the 3K and 6K on the grass with marks of 11:25.6 and 23:37.9 at the Cowboy Preview and Cowboy Jamboree, respectively.

2023 Outdoors
Ran four times outdoors exclusively in the 1,500 Meters... Ran a personal-best time of 4:41.20 at the Sooner Invitational... Finished fourth overall at the John Jacobs Invitational just one week later.

2023 Indoors
Competed twice for the Cowgirls in the Mile, finishing with a personal-best time of 4:59.66 at the Arkansas Qualifier in February.

2022 Cross Country
Ran unattached in the Cowboy Jamboree and Weis-Crocket Invitational, finishing the 6K in 23:05.4 and 23:13.1, respectively.

Personal
Daughter to Lonnie and Cristen Brickman... Born Jan. 12, 2004... Studying nutritional science: pre-medical... Enjoys traveling.



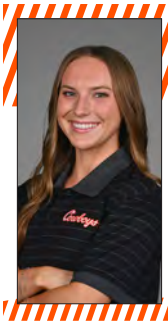
OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Burklie Burton

Throws– – | Fr. | Fr.
Layton, Utah | Layton HS

High School
Attended Layton High School in Layton, Utah... Lettered in track & field for three years and soccer for one year... Was the 2024 Utah state champion in the Discus and regional champion in the Discus, Shot Put and Javelin... Placed second at the Great Southwest Meet in the Hammer Throw.

Personal
Born July 2, 2007, in Layton, Utah... Daughter of Bryndie and Mark Burton... Father, Mark, was a thrower at Utah State... Majoring in Business.



OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Sara Byers

Jumps – – | RSr. | RSr.
Rockford, Minnesota | Rockford HS

Personal Bests
Long Jump – 6.01m/19-8.75
Triple Jump - 11.00m/36-1.25

Honors and Awards
2025 Track & Field Academic First Team All-Big 12
2023 Track & Field Academic First Team All-Big 12

2025 Outdoors
Opened her outdoor season with a third-place finish in the Long Jump at the ORU Invitational... Placed fourth overall at the Arkansas Twilight with a mark of 5.85 meters in the Long Jump... Competed in her first career Big 12 meet, setting a new personal best with her leap of 6.01 meters at the conference meet.

2025 Indoors
Competed three times in the Long Jump during her indoor campaign, jumping 5.36 meters all three times at the DeLoss Dodds Invitational, Steve Miller Invitational and Arkansas Qualifier meets, respectively.

2024 Outdoors
Competed one time during the outdoor season, finishing eighth in the Long Jump at the John Jacobs Invitational with a leap of 5.63 meters.

2023 Outdoors
Jumped at four meets during the outdoor season across three separate disciplines... Ran a jumper's 4x100 Meter Relay, helping the Cowgirls to a seventh-place finish overall... Took fourth at the John Jacobs Invitational in the Triple Jump.

2023 Indoors
Competed twice indoors in the Long Jump and Triple Jump... Finished eighth overall in the Triple Jump at the JD Martin Invitational.

2022 Outdoors
Competed in five regular season meets for the Cowgirls during her freshman season... Earned two top 10 finishes at the ORU Invitational and Arkansas Twilight meets.

2022 Indoors
Competed in three regular season meets during her freshman season... Completed her personal-best Triple Jump of 11.00 meters at the J.D. Martin Invitational... A week later she set her 5.26-meter personal best in the Long Jump at the Razorback Invitational in Fayetteville, Ark.

High School
Attended Rockford High School in Rockford, Minnesota... Lettered all four years in track, four years in softball and three years in basketball... Owns four school records in the 4x100, 4x200, 4x400 and Triple Jump... Earned All-District honors in softball and Academic All-Conference.

Personal
Born May 1, 2003, in Waconia, Minnesota... Daughter of Michael and Michelle Byers... Majoring in Economics and enjoys wake surfing in her free time.

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Angie Carter

Throws – - | Fr. | Fr.
Broken Arrow, Oklahoma I Broken Arrow HS

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Katie Chapman

Multi-Events – - I RJr. I RJr.
Devon, England I Okehampton College

Personal Bests
60 Meter Hurdles – 8.57
100 Meter Hurdles – 13.57
100 Meters – 11.99
200 Meters – 24.80
800 Meters – 2:31.56
High Jump – 1.67m/5-5.75
Javelin Throw – 39.86m/130-9
Long Jump – 5.82m/19-1.25
Shot Put – 12.97m/42-6.75
Heptathlon – 5,289 Points
Pentathlon – 3,678 Points

Honors and Awards
2025 USTFCCCA All-Academic
2025 Track & Field Academic First Team All-Big 12
2025 Outdoor All-Big 12 (Heptathlon)
2024 USTFCCCA All-Academic
2024 Track & Field Academic First Team All-Big 12

2025 Outdoors
Set a new personal best in the 100 Meter Hurdles at the Clyde Hart Classic season opener with her time of 13.75... Finished fifth at the Emporia State Relays in the Heptathlon with a score of 5,177 points... At the Arkansas Twilight, Chapman set another personal best in the Shot Put with a toss of 12.97 meters to earn a runner-up finish... Earned All-Big 12 honors in the Heptathlon with her seventh-place finish, helping the Cowgirls score 19 points in the Heptathlon overall.

2025 Indoors
Opened her sophomore indoor season with three events at the Arkansas Invitational before completing her first Pentathlon at the DeLoss Dodds Invitational, where she set a new personal best at 3,678 points... Competed three more times indoors before appearing at her first Big 12 Indoor Championships, scoring 3,498 points in the Pentathlon.

2024 Outdoors
Competed in multiple events at five different meets in her freshman outdoor campaign... Won the Long Jump at the Shocker Spring Invitational with a mark of 5.72 meters... Finished her first Heptathlon in the orange and black at the Jim Click Invitational, scoring 5,289 points, which ranks her fourth in program history at the time... Set a pair of personal bests at the John McDonnell Invitational, with marks of 5.82 meters in the Long Jump and 11.99 in the 100 Meters... Also set a personal best in the Shot Put at the Arkansas Twilight with a toss of 12.40 meters.

2024 Indoors
Competed in four meets during her inaugural indoor season... Finished fourth in the Long Jump at the Arkansas Invitational with a leap of 5.71 meters... Completed her first collegiate Pentathlon at the DeLoss Dodds Invitational.

Personal
Daughter of Daryll and Jill Chapman... Born Sept. 20, 2003... Sibling to Rebecca and Robert Chapman... Studying applied exercise science.

High School
Attended Okehampton College in Devon, England... A multi-sport athlete in netball, field hockey, cricket, swimming, gymnastics, tennis and dance.

Katie Chapman

The Cowgirls

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Isca Chelangat

Distance – Fr. | RFr. | So.
Nairobi, Kenya

Personal Bests
1,500 Meters – 4:16.71
5,000 Meters – 15:31.35

Honors and Awards
2025 Outdoor Second Team All-American – 5,000 Meters (15th)
2025 Outdoor All-Big 12 – 5,000 Meters (2nd)

2025 Outdoors
Opened her Cowgirl career with a fourth-place finish at the Arkansas Spring Invitational in the 1,500 Meters... Three weeks later, Chelangat set her personal best in the 1,500 Meters with her time of 4:16.71 at the Arkansas Twilight to earn second place overall... Had a breakout performance at the Big 12 Outdoor Championships, taking second place overall in the 5,000 Meters with a blazing time of 15:31.35, which ranked second in program history at the time behind only Taylor Roe... At the NCAA West Prelims, Chelangat placed ninth to punch her ticket to the NCAA Championships, where she earned second team All-America honors with her 15th-place finish.

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Zeddy Chongwo

Jumps – – | RFr. | So.
Barwesa, Kenya

Personal Bests
High Jump – 1.64m/5-4.5
Long Jump – 6.28m/20-7.25

Honors and Awards
2025 Outdoor All-Big 12 – High Jump (8th)

2025 Outdoors
Won in her Cowgirl debut in the High Jump at the ORU Invitational and took second in the Long Jump... Placed third at the Arkansas Spring Invitational in the Long Jump as she hit 6.00 meters for the first time... Earned second and third-place finishes in the Long Jump at the Oregon Open and Oregon Team Invitational on back-to-back days with both jumps clearing six meters... Soared to a new personal best in the Long Jump as she won the SMU Invitational with a wind-legal mark of 6.28 meters, which also ranked second in program history... Earned All-Big 12 honors in the Long Jump with her mark of 6.22 meters... Wrapped up her inaugural season at the NCAA West Prelims.

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Cayden Dawson

Distance – RSo. I Sr. I RJr.
Bixby, Oklahoma I Bixby HS

Personal Bests
1,500 Meters – 4:32.62
Mile – 4:52.69
3,000 Meters – 9:25.83
5,000 Meters – 16:28.38
10,000 Meters – 34:42.98
3K (XC) – 10:25.0
6K (XC) – 20:32.4

Honors and Awards
2024 Cross Country Academic First Team All-Big 12
2024 Track & Field Academic First Team All-Big 12
2023 Cross Country Academic First Team All-Big 12
2023 Cross Country All-Region

2025 Indoors
Competed once during the indoor season at the Razorback Invitational.

2024 Cross Country
Placed 23rd at the Cowboy Jamboree in her lone appearance.

2024 Outdoors
Opened her outdoor season with a personal-best time of 34:42.98 at the Stanford Invitational in California... Finished third overall in the 5,000 Meters at the John McDonnell with a time of 16:51.49... Ran in both the 5K and 10K at the Big 12 Championships.

2024 Indoors
Competed twice during the indoor season, setting a new personal best in the Mile with her time of 4:52.69 at the Razorback Invitational in January.

2023 Cross Country
Was the only Cowgirl to compete in all five cross country meets during the 2023 season, scoring in four of them... Opened the season leading the Cowgirls with her fifth-place finish at the Cowboy Preview... Her time of 10:25.4 was the fourth-fastest 3K time in program history on the grass... Dawson followed up that performance with a fourth-place finish at the Cowboy Jamboree, helping the Cowgirls to a near-perfect score of 16... Set a new personal best 6K time on the grass with her mark of 20:32.4 as she finished 21st overall... One of seven Cowgirls to earn All-Region honors as she took home a tenth-place finish at the NCAA Midwest Regional, scoring for the Cowgirls as they took home their second consecutive regional title... Was the fifth and final scoring finisher for the Cowgirls at the NCAA Championships, finishing 100th overall as the Cowgirls earned their best team finish in program history in third.

2023 Outdoors
Ran in three meets outdoors across two separate events... Ran a personal-best time of 16:28.38 in the 5,000 Meters at the Bryan Clay Invitational... Dropped another personal best two weeks later at the Arkansas Twilight in the 1,500 Meters... Finished 12th overall in her first postseason competition at the Big 12 Championships.

2023 Indoors
Competed in three meets during the indoor season... Ran a personal-best time of 9:25.83 in the 3,000 Meters in Boston... Completed another personal best in the Mile at the Husky Classic in Washington.

2022 Cross Country
Appeared in two meets as an unattached runner but showed her talent in both races... Placed 53rd in the Cowboy Jamboree with a 6K time of 21:20.8... Bested that mark at the Weis-Crockett Invitational, where she was the first unattached runner across the board with a 13th-place finish and tabbed a 21:09.3 finish.

High School
Attended Bixby High School in Bixby, Okla... Lettered four years in cross country and track... Was the 3200 Meter state champion... Earned All-State and All-Conference honors and was named a Second Team All-American in cross country... Also participated in power tumbling and trampoline for seven years.

Personal
Daughter of Tome and Nicole Dawson... Sibling to Zachary and Xander Dawson... Born in Maryland... Studying allied health science.

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Elise Eikeland

Multi-Events – – | Fr. | Fr
Sandnes, Norway I Sandnes Club

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Kalen Goodman

Sprints – – | So. | So.
Richmond, Texas I George Ranch HS

Personal Bests
600 Yards – 1:21.32
600 Meters – 1:32.84
800 Meters – 2:09.54
400 Meter Hurdles – 57.79

2025 Outdoors
Transitioned to the hurdles for her first outdoor season, opening up with three straight 400 Meter Hurdle times in the mid-58 second range... Moved up to the 800 at the Arkansas Twilight, where she set a new personal best with her mark of 2:09.54... Qualified for the final at the Big 12 Outdoor Championships in the 400 Hurdles with a massive personal best of 57.79, which ranked second in program history behind Cowgirl great Leisa Davis-Knowles... Qualified for the NCAA West Prelims in the 400 Hurdles and the 4x400 Meter Relay, with the relay missing a national qualifier by just one spot with their time of 3:34.40.

2025 Indoors
Opened her Cowgirl career with a personal best in the 600 Meters with her time of 1:32.84 at the Arkansas Invitational, which ranked tenth in program history... Two weeks later at the DeLoss Dodds Invitational, Goodman clocked a personal-best time of 1:21.32 in the 600 Yards, which put her seventh in Cowgirl history... Would add a second consecutive runner-up finish in the 600 Yards at the Steve Miller Invitational before competing at her first career Big 12 Indoor Championships, where she placed 13th in the 600 Yards.

High School
Attended Richmond George Ranch High School in Richmond, Texas... Lettered all four years in track and played volleyball and Gymnastics.

Personal
Born March 10, 2006, in Richmond Texas... Daughter of Latrina King... Has one brother, Tyson... Majoring in Applied Science.

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Isis Grant

Distance – - | Jr. | Jr.
Tyrone, Georgia | Sandy Creek HS

Personal Bests
200 Meters – 25.81
400 Meters – 56.15
600 Meters – 1:30.95
600 Yards – 1:20.55
800 Meters – 2:06.52

Honors and Awards
2025 USTFCCCA All-Academic
2025 Track & Field Academic First Team All-Big 12
2025 Indoor All-Big 12 (DMR)
2024 Indoor All-Big 12 (600 Yards, DMR)

2025 Outdoors
Competed five times during the regular season, setting her personal best in the 400 Meters with her time of 56.15 at the Arkansas Spring Invitational... Put down another massive PR, this time in the 800 Meters at the Arkansas Twilight with her time of 2:06.52... Competed in the 800 Meters at both the Big 12 Indoor Championships and NCAA West Prelims.

2025 Indoors
Kicked off the 2025 indoor campaign with a fourth-place finish in the 600 Yards at the DeLoss Dodds Invitational... Competed three more times during the indoor season before setting a massive personal best in the 600 Yards at the Big 12 Indoor Championships with her mark of 1:20.55... Earned All-Big 12 honors as a member of the Cowgirl DMR for the second straight year.

2024 Outdoors
Opened her outdoor career with a pair of victories at the Arkansas Spring Invitational in the 800 Meters and 4x400 Meter Relay... Ran a personal-best time of 2:07.90 in the 800 Meters and won the 4x400 at the Arkansas Twilight in May... Competed at her first Big 12 Outdoor Championships, placing 18th overall in the 800 Meters.

2024 Indoors
Competed six times for the Cowgirls during her inaugural indoor season... In just her second career meet, Grant ran the third-fastest 600 Meter time in program history with her mark of 1:30.95 at the Arkansas Invitational in January... Ran personal bests in the 200 and 400 Meters two weeks later at the Razorback Invitational... At the Big 12 Indoor Championships, Grant earned All-Big 12 honors in the 600 Yards with an eighth-place finish as she ran the fifth-fastest time in program history of 1:21.31... Also earned All-Big 12 Honors as the 400 Meter leg of the Distance Medley Relay squad that finished second overall...

High School
Attended Sandy Creek High School in Tyrone, Georgia... Lettered all four years in track and was a three-time state champion... Owns the Georgia Indoor and Outdoor state records in the 800 Meters.

Personal
Grant was born April 7, 2005, in Riverdale, Ga... Father, Lamar, played football at Duke... Aunt, Tiffany, ran track at Georgia Tech... Majoring in Public Health.

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Sophia Grinstead

Throws – - | Fr. | Fr.
Spring Branch, Texas I Bracken Christian

High School
Attended Bracken Christian in Bulverde, Texas... Lettered in basketball, volleyball and track & field all four years in high school... Was a four-time state champion in the Shot Put and three-time state champion in the Discus... Also earned first team All-District honors in basketball.

Personal
Born April 30, 2007, in San Antonio, Texas... Daughter of Trish Grinstead and has one brother, Alex...Majoring in Accounting.

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Makki Hart

Sprints – – | So. | RFr.
Shallowater, Texas I Shallowater HS

Personal Bests
400 Meters – 57.78
600 Yards – 1:22.61

2025 Indoors
Opened her Cowgirl career in the 600 Yards at the DeLoss Dodds Invitational in Kansas... Set her personal best in the 400 Meters at the Tyson Invitational before setting another personal best in the 600 Yards at the Big 12 Indoor Championships with her time of 1:22.61.

High School
Attended Shallowater High School in Shallowater, Texas... Lettered all four years in cross country and track and lettered twice in basketball... Was a 15-time state qualifier, medaling six times (two gold, three silver and one bronze) ... Was a six-time regional champion.

Personal
Born December 13, 2005, in Lubbock, Texas... Daughter of Donnie and Lenzi Hart... Has three siblings: Sydni, Brinkli and Bodie... Father, Donnie, played football at Texas Tech from 1995-98... Majoring in Business.

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Payton Hinkle

Distance – RJr. I Sr. I RJr.
Broken Arrow, Oklahoma I Broken Arrow HS

Personal Bests
800 Meters – 2:15.85
1,000 Meters – 2:48.77
1,500 Meters – 4:23.97
Mile – 4:45.56
3,000 Meters – 9:18.47
Steeplechase – 10:17.86
3K (XC) – 11:18.9
6K (XC) – 20:26.4

Honors and Awards
2025 Track & Field Academic First Team All-Big 12
2024 Cross Country Academic First Team All-Big 12
2024 USTFCCCA All-Academic
2024 Track & Field Academic First Team All-Big 12
2024 Outdoor All-Big 12 (Steeplechase)
2023 Cross Country Academic First Team All-Big 12
2023 Outdoor All-Big 12 (Steeplechase)

2025 Indoors
Competed at three meets during the indoor campaign across four different events.

2024 Outdoors
Competed at five meets during the outdoor season, opening with a sixth-place finish in the Steeplechase at the prestigious Stanford Invitational in California... Two weeks later, she set a new personal best in the 1,500 Meters with her mark of 4:23.97 and nearly set one in the Steeple with her time of 10:17.94... Secured her second straight All-Big 12 honor in the Steeplechase at the Big 12 Championships with her time of 10:19.91... Qualified for the NCAA West Prelims in the Steeplechase for the second time.

2024 Indoors
Opened her indoor season with a new personal best in the 1,000 Meters with her time of 2:48.77 at the Arkansas Invitational... At the Eagle Elite Invitational in Boston, Hinkle set a pair of new personal bests in both the Mile and 3,000 Meters with marks of 4:45.56 and 9:18.47, respectively... Placed ninth and tenth in the 3K and Mile at the Big 12 Indoor Championships to wrap up her season.

2023 Cross Country
Became a staple in the Cowgirl lineup during the 2023 cross country season... Opened her season at the Cowboy Jamboree, clocking a time of 22:15.1 for a 13th-place finish... Scored for the first time in her career at the Big 12 Cross Country Championships, placing 16th overall with a personal-best 6K time of 20:26.4 on the grass, helping the Cowgirls to a second-place finish overall... Made the team for the NCAA Championships, clocking a time of 21:11.7 in Virginia.

2023 Outdoors
Exploded onto the scene during her first outdoor campaign... Won the 3,000 Meter Steeplechase at the Sooner Invitational... Set a personal best at the Payton Jordan Invitational just one week later by over 30 seconds with her time of 10:17.86... Earned All-Big 12 honors in the Steeplechase with her fourth-place finish overall... Qualified for the NCAA West Prelims in the Steeple, running a time of 10:20.28 to wrap up her season.

2023 Indoors
Competed three times during her freshman indoor season... Set her personal best in the Mile at the Husky Classic, running 4:50.56... Ran in both the 1,000 and 3,000 Meters at the Big 12 Indoor Championships, setting personal bests in both.

2022 Cross Country
Ran unattached in two races for the Cowgirls... Carved out a 22:32.1 finish in the Cowboy Jamboree and stayed close to that time with a 22:36.0 finish in the Weis-Crockett Invitational.

High School
Attended Broken Arrow High School in Broken Arrow, Okla... Set the state record in the 800, 1,600 and 3,200 Meters in the same meet... Won three consecutive 6A individual cross country state championships.

Personal
Born in Broken Arrow, Okla... Daughter of Andrea and Jasper Hinkle... Sibling to Jessa, Trinity and Landon... Played soccer and gymnastics for several years.

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Sutton Howard

Throws – – | RSo. | RSo.
Fort Worth, Texas I Fort Worth Country Day

Personal Bests
Hammer Throw – 53.54m/175-8
Weight Throw – 15.68m/51-5.5

Honors and Awards
2025 Track & Field Academic First Team All-Big 12

2025 Outdoors
Picked up a third-place finish in the Hammer Throw at the Clyde Hart Classic to open her outdoor eligibility... Set personal bests in back-to-back weeks in the Hammer at the John Jacobs Invitational and KT Woodman Classic meets, with her latter toss totaling 53.54 meters... Competed at the Big 12 Outdoor Championships, placing 15th overall in the Hammer Throw.

2025 Indoors
Opened her Cowgirl career with a second-place finish in the Weight Throw at the Owen Hewett Invitational... Competed three more times during the indoor season, finishing with a personal-best toss of 15.68 meters in the Weight Throw at the Arkansas Qualifier.

High School
A four-year letter winner in track & field and soccer... Was a four-time field event MVP, three-time All-Conference honoree and Shot Put USATF All-American.

Personal
Born October 14, 2004... Daughter of Venessa and Robert Howard... Grandfather, Bob, played football at OSU from 1960-63 and father, Robert, threw and played football for Texas at Arlington from 1980-85.

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Kadence Huck

Distance – Fr. | Fr. | Fr.
Nashua, Iowa I Nashua-Plainfield HS

High School
Attended Nashua-Plainfield High School in Nashua, Iowa... Lettered in cross country, track & field and basketball all four years in high school while also lettering in softball for two years... Was a five-time individual state champion across three different events (400 Meters, 800 Meters and 1,500 Meters) and three-time relay state champion... Was a two-time state runner-up in the 400 Meters and 1,500 Meters... Earned cross country conference runner of the year honors and twice earned track conference athlete of the year honors... Also was named first and second team All-Conference in basketball twice each.

Personal
Born June 23, 2007, in Fort Dodge, Iowa... Daughter of Shane and Jessica Huck.... Has two siblings, Kendrick and Lincoln Huck... Majoring in Psychology.

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Jamila Isman

Multi-Events – – | RFr. | So.
Fredrikstad, Norway I Wang Toppidrett Fredrikstad

Personal Bests
200 Meters – 25.43
800 Meters – 2:22.28
100 Meter Hurdles – 14.35
High Jump – 1.63m/5-4.25
Long Jump – 5.48m/17-11.25
Shot Put – 11.91m/39-1
Javelin Throw – 37.91m/124-4
Heptathlon – 5,125 points

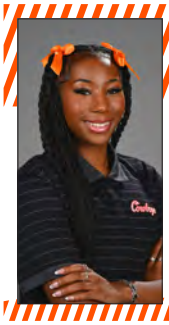
International Competition
Represents her native country of Norway on the international stage... Most recently, Isman won the 2025 Norwegian Championship in the Heptathlon... In 2024, Isman won both the Norwegian U20 and Nordic Combined Events Championships in the Heptathlon and was second in the Pentathlon at the U20 Norwegian Indoor Combined Events Championships... Qualified for the 2024 U20 World Championships in the Heptathlon.

Honors and Awards
2025 Outdoor All-Big 12 – Heptathlon (8th)

2025 Outdoors
Opened her career in a Cowgirl uniform competing in three events at the Clyde Hart Classic, with her best result being a fourth-place finish in the Javelin Throw... Set her personal best of 14.35 in the 100 Meter Hurdles one week later at the ORU Invitational... Completed her first Heptathlon at the Jim Click Shootout, taking home a fifth-place finish with a personal-best score of 5,125 points that included personal bests in the 200 Meters and High Jump... At the Big 12 Outdoor Championships in Kansas, Isman earned All-Big 12 honors with her eighth-place finish at 5,099 points.

High School
Attended Wang Toppidrett Fredrikstad in Fredrikstad, Norway.

Personal
Born August 21, 2005, in Fredrikstad, Norway... Daughter of Arfon Adan Isman and Marius Lopes... Has one sibling: Aliya... Undecided on a major.



OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Madisyn Jackson

Sprints – – | So. | RFr.
Humble, Texas I Summer Creek HS

Personal Bests
400 Meters – 56.43
600 Yards – 1:25.99

Honors and Awards
2025 Indoor All-Big 12 – DMR (6th)

2025 Indoors
First competed for the Cowgirls at the DeLoss Dodds Invitational at Kansas State, where she set her freshman personal best of 1:25.99 in the 600 Yards... Set her personal best of 56.43 in the 400 Meters at the Tyson Invitational two weeks later... At the Big 12 Indoor Championships, Jackson was a member of the DMR team that placed sixth overall, earning All-Big 12 honors.

High School
Attended Summer Creek High School in Humble, Texas... Lettered all four years in track and was a state champion as a member of the 4x400 Meter Relay... Was also a four-time state qualifier as well as district, area and regional champion.

Personal
Born February 24, 2006, in Houston, Texas... Daughter of Betty and Milton Jackson... Majoring in Kinesiology.

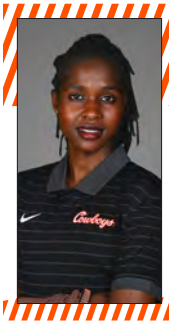
OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Rylee Jenkins

Throws – – I RFr. I RFr.
Rock Port, Missouri I Rock Port HS

High School
Attended Rock Port High School in Rock Port, Missouri... Lettered all four years in track... Was an AAU national champion in the Discus in 2024... Was a three-time state champion in the Discus Throw as well as an AAU All-American... Was also a four-time all-conference, all-district and all-state honoree... Set the Class 1 state record in the Discus.

Personal
Born August 23, 2005, in, Fairfax, Missouri... Daughter of Travs and Rachel Jenkins... Has on sibling: Raylynn... Majoring in Animal Science.



OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Billah Jepkirui

Distance – RJr. I RJr. I RJr.
Kapsabet, Kenya

Personal Bests
800 Meters – 2:02.63
1,000 Meters – 2:49.97
1,500 Meters – 4:08.93
Mile – 4:27.14
3,000 Meters – 8:49.08
6K (XC) – 19:27.5

Honors and Awards
2024 Track & Field Academic First Team All-Big 12
2024 Outdoor All-Big 12 (800 Meters, 1,500 Meters)
2024 Indoor Second Team All-American (3,000 Meters)
2024 Indoor NCAA Runner-Up - Mile
2024 Indoor First Team All-American – Mile (2nd)
2024 Indoor Big 12 Champion – Mile
2024 Indoor All-Big 12 (Mile)
2023 Cross Country Academic First Team All-Big 12
2023 Cross Country All-American (7th)
2023 Cross Country USTFCCCA Midwest Region

The Cowgirls

Athlete of the Year
2023 Cross Country Big 12 Runner of the Year
2023 Cross Country Midwest Regional Champion
2023 Cross Country All-Region
2023 Cross Country All-Big 12
2023 Cross Country Big 12 Runner of the Week (Sept. 26)
2023 Cross Country Cowboy Jamboree Champion
2023 Outdoor Big 12 Women's Outdoor Outstanding Freshman of the Year
2023 Outdoor First-Team All-American - 1,500 Meters (5th)
2023 Outdoor Big 12 Champion – 1,500 Meters
2023 Outdoor All-Big 12 (1,500 Meters)
2023 Indoor Big 12 Women's Outstanding Freshman of the Year
2023 Indoor All-American – DMR (6th)
2023 Indoor Big 12 Champion – Mile, DMR
2023 Indoor All-Big 12 (Mile, 3,000 Meters, DMR)
2022 Cross Country All-Big 12
2022 Cross Country Big 12 Runner of the Week (Oct. 18)
2022 Cross Country Weis-Crockett Invitational Champion

2024 Outdoors
Opened her outdoor season at the prestigious Bryan Clay Invitational, clocking the second-fastest 1,500 Meter time in school history at the time with her mark of 4:08.93, which was also a personal best... Set another personal best at the Arkansas Twilight in May in the 800 Meters with her time of 2:02.63, No. 5 in program history before returning to help the 4x400 Meter Relay squad to a meet victory... Earned a pair of All-Big 12 honors in the 800 and 1,500 Meters with marks of 2:04.59 and 4:09.75, respectively... Qualified for the NCAA West Prelims in the 1,500 Meters and punched her ticket to the NCAA Outdoor Championships.

2024 Indoors
Followed up her incredible cross country season with one of the best indoor seasons in program history, starting with her performance at the Sharon Colyear-Danville Season Opener in December... Jepkirui shattered the school record in the 3,000 Meters with her time of 8:49.08, which ranked tenth in NCAA history at the time of the race... Put down one of the best individual performances in program history at the Eagle Elite Invitational in Boston, running what was the second-fastest time in school history in the Mile at 4:29.64 before returning the next day and leading off a Cowgirl DMR that ranked No. 2 in NCAA history at the time of the meet at 10:47.20... Kicked off her postseason by defending her Big 12 title in the Mile for her fourth career conference title before coming back and doubling in the 800 Meters, earning All-Big 12 honors with her time of 2:04.67, which puts her No. 6 in program history... At the NCAA Indoor Championships, Jepkirui finished as national runner-up in the Mile with her time of 4:27.14, which broke a seven-year-old school and was the sixth-fastest time in NCAA history at the time... Returned the same day to earn second team All-America honors in the 3,000 Meters with a 12th-place finish.

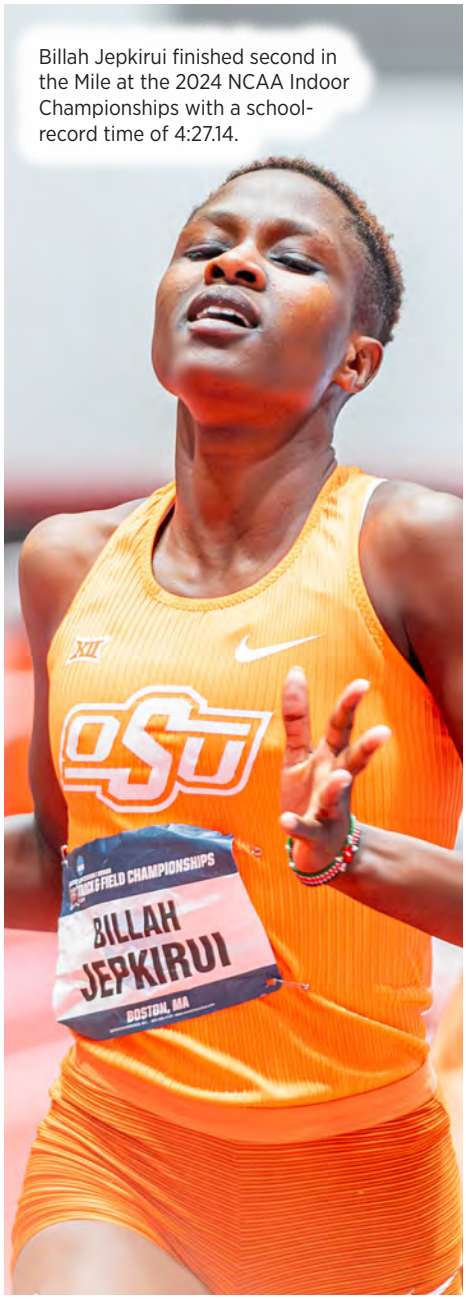
2023 Cross Country
Burst onto the scene as one of the top overall distance runners in the NCAA and a low stick for the Cowgirls during the cross country season... Put on a dominant performance to open the season at the Cowboy Jamboree, defeating the rest of the competition by 14 seconds overall and leading the Cowgirls to a near-perfect score of 16 on the day and was later named Big 12 Runner of the Week for her performance... Returned to the grass at the Big 12 Championships, finishing as runner-up behind only teammate Taylor Roe with a time of 19:42.1 as the Cowgirls went on to finish second as a team... Led the team once again at the NCAA Midwest Regional meet in Stillwater, becoming just the third Cowgirl in program history to win the regional meet with her time of 20:28.4, which was nearly identical to her mark at the Jamboree as her and Roe again finished 1-2... Her performance led the Cowgirls to their fifth midwest regional title and second in a row with just 30 points on the day... Jepkirui continued her dominant season at the NCAA Cross Country Championships, finishing seventh in the country with her time of 19:27.5, which is the fastest 6K time ever recorded by a Cowgirl on the grass... Her finish helped the Cowgirls earn their second trophy in program history as they placed third overall as a team, highest in program history... For her performances, Jepkirui became the first Cowgirl to be named Big 12 Cross Country Runner of the Year and the fourth to be named USTFCCCA Midwest Region Athlete of the Year for the cross country season...

2023 Outdoors
Started off her freshman outdoor season with a bang, taking home a pair of individual victories in the 800 and 1,500 Meters at the Stanford Invitational... Won her third Big 12 title of the season, winning the 1,500 Meters with her time of 4:15.74 in the final... Qualified for the NCAA West Prelims in the 1,500 Meters, punching her ticket to the NCAA Championships with just one shoe over the last 150 meters... Earned first team All-America honors in the 1,500 Meters with her fifth-place finish at the NCAA Championships with a personal-best time of 4:10.17, which ranks fourth in program history.

2023 Indoors
Solidified herself as a freshman phenom during her inaugural freshman season... Set her personal-best Mile time of 4:35.82 at the Razorback Invitational, which ranks sixth in program history... Was one of the key cogs in the Cowgirls' first-ever conference track & field title, winning a pair of Big 12 titles in the Mile and Distance Medley Relay... Was named Big 12 Indoor Women's Outstanding Freshman of the Year for her performance... Finished her freshman season with first team All-America honors in the DMR with the Cowgirls taking sixth overall.

2022 Cross Country
Opened her Cowgirl career in stunning fashion, scoring big points for OSU in her first three races... Opened her career at the Cowboy Jamboree where she put forth a top 15 performance while helping the Cowgirls secure a team victory... a career outing at the Weis-Crockett Invitational highlighted her freshman season in the orange and black... Took home the individual victory in the invitational's 6K, crossing the finish line in a blistering 20:15.3... Her performance earned her first Big 12 Runner of the Week and landed her at No. 7 on OSU's leaderboard... Kept up the momentum into the postseason, where she reached the podium of the Big 12 Cross Country Championships and notched All-Big 12 honors in the process... Her scorching time of 20:16.0 was the second-fastest by any Cowgirl on the day... Wrapped up her season by representing the Cowgirls in the NCAA Cross Country National Championship.

Personal
Born in Kapsabet, Kenya... Undecided on a Major.



Billah Jepkirui finished second in the Mile at the 2024 NCAA Indoor Championships with a school-record time of 4:27.14.

The Cowgirls

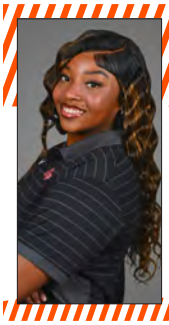
OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Hailey Johnson

Distance – Fr. | Fr. | Fr.
Montgomery, Texas I Lake Creek HS

High School
Attended Lake Creek High School in Montgomery, Texas... Lettered in track & field all four years, cross country for three years and soccer for one year...

Personal
Born August 28, 2007, in Plano, Texas... Daughter of Brenna and Kenny Johnson... Has four siblings: Addison, Colton, Justin and Logan... Majoring in Management.



OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Tamaiah Koonce

Throws – – | Sr. | Sr.
Miami, Florida I North Miami HS

Personal Bests
Shot Put – 14.15m/46-5.25
Discus Throw – 56.14m/184-2
Hammer Throw – 153-4
Weight Throw – 17.58m/57-8.25

Prior to OSU
Transferred from Kansas State, where she qualified for the 2025 NCAA Outdoor Championships in the Discus Throw and was an All-Big 12 honoree in the Discus in 2023.

High School
In 2022 she won the FHSAA 4A state championship in discus with a distance of 48.72m... Won the 2022 FHSAA 4A district and regionals for 4kg shot put... Her senior year in 1kg discus, she won the 2022 won FHSAA 4A district and regionals.

Personal
Daughter of Timothy Koonce and Dina Jones-Willams.

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Victoria Lagat

Distance – RSo. | Jr. | Jr.
Eldama Ravine, Kenya

Personal Bests
Mile – 4:51.43
3,000 Meters – 9:07.47
5,000 Meters – 15:41.75
3K (XC) - 10:28.7
6K (XC) – 20:02.1

Honors and Awards
2024 Cross Country All-Region
2024 Outdoor All-Big 12 (5,000 Meters)
2024 Indoor All-Big 12 (3,000 Meters, 5,000 Meters)

2025 Outdoors
Opened her outdoor season with a massive personal best in the 5,000 Meters, clocking a time of 15:41.75 at the Stanford Invitational, which was third in program history at the time... Placed third at the Oregon Team Invitational in the 5K, earning 12 massive points for the Cowgirls... Competed at the Bg 12 Outdoor Championships in the 5,000 and 10,000 Meters... Qualified for the NCAA West Prelims in the 5K.

2025 Indoors
Set a new personal best in the 3,000 Meters in her second meet of the season at the Razorback Invitational with her time of 9:07.47... Competed at the Big 12 Indoor Championships in both the 3,000 and 5,000 Meters.

2024 Cross Country
Opened the cross country season with her second consecutive third-place finish at the Cowboy Jamboree with her time of 20:37.2... Was OSU's third scorer at the Wisconsin Pre-National meet, helping the Cowgirls to a 12th-place finish as a team... At the Big 12 Cross Country Championships, Lagat once again was OSU's third scorer as she finished directly behind teammates Sivan Auerbach and Josphine Mwaura as the trio went 14-15-16 to lead the Cowgirls to a fourth-place team finish... Earned All-Region honors as she finished seventh at the regional meet, helping the Cowgirls win their third consecutive regional title by 15 points over Minnesota... Was the Cowgirls' top finisher at the NCAA Championships, finishing 72nd overall.

2024 Outdoors
Opened her first outdoor campaign with a second-place finish at the Stanford Invitational with a time of 15:48.95 in the 5,000 Meters, which put her fourth on OSU's all-time outdoor list... Earned All-Big 12 honors with a sixth-place performance in the 5,000 Meters at the Big 12 Outdoor Championships... Qualified for the NCAA West Prelims, placing 23rd overall.

2024 Indoors
Competed in three meets during her inaugural indoor season... Set her current personal bests in the Mile and 3,000 Meters at the Eagle Elite Invitational in Boston with times of 4:51.43 and 9:19.77, respectively... Earned a pair of All-Big 12 honors in the 3,000 and 5,000 Meters, scoring a combined nine points for the Cowgirls in her first Big 12 Championship races.

2023 Cross Country
In her first career race as a Cowgirl, Lagat placed third at the Cowboy Jamboree behind only All-American teammates Billah Jepkirui and Molly Born, helping the Cowgirls secure the meet victory with a near-perfect score of 16.

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Emma Lindsey

Distance – RJr. I Sr. I Sr.
Colorado Springs, Co. I Discovery Canyon HS

Personal Bests
1,500 Meters – 4:55.10
Mile – 5:12.79
3,000 Meters – 10:44.26
5,000 Meters – 18:23.42
Steeplechase – 11:55.55
3K (XC) – 11:54.5
6K (XC) – 23:48.7

Honors and Awards
2025 Track & Field Academic First Team All-Big 12
2024 Cross Country Academic First Team All-Big 12
2024 Track & Field Academic First Team All-Big 12
2023 Cross Country Academic First Team All-Big 12

2025 Outdoors
Opened her outdoor season with a tenth-place finish at the Arkansas Spring Invitational in the 3,000 Meters... Went on to compete in the 5,000 Meters and 1,500 Meters at the John McDonnell Invitational and Arkansas Twilight meets.

2025 Indoors
Ran the Mile three times indoors, setting a new PR with her time of 5:12.79 at the Arkansas Qualifier.

2024 Cross Country
Competed three times for the Cowgirls during the cross country season, setting a new 6K cross country personal best of 23:48.7 at the Weis-Crockett

Invitational, where she placed a season-best 18th overall

2024 Outdoors
Raced three times in three separate events outdoors... Opened her season with a fourth-place finish in the Steeplechase at the Arkansas Spring Invitational... Set a new personal best in the 5,000 Meters at the John Jacobs Invitational... Ran her fourth personal best of the year at the Arkansas Twilight, clocking a time of 4:55.10 in the 1,500 Meters.

2024 Indoors
Competed three times for OSU during the indoor season... Set a new personal best in the 3,000 Meters with her time of 10:44.26 at the DeLoss Dodds Invitational in Kansas... Followed up that performance with another personal best at the Arkansas Qualifier with her mark of 5:20.98 in the Mile.

2023 Cross Country
Ran twice for the Cowgirls, clocking a 3K time of 11:54.5 at the Cowboy Preview and 6K time of 23:56.8 at the Cowboy Jamboree.

2023 Outdoors
Appeared in four meets for the Cowgirls outdoors, twice each in the 1,500 Meters and 3K Steeplechase... Finished fourth overall at the Arkansas Twilight with her personal-best time of 11:55.55 in the Steeplechase.

2023 Indoors
Competed in three indoor meets during her freshman season... Finished fifth at the JD Martin Invitational with a personal-best time of 10:53.71 in the 3,000 Meters.

2022 Cross Country
Competed in two races as an unattached runner... Tabbed a 24:20.9 finishing in the 6K at the Cowboy Jamboree... Noticeably improved that time in the Weis-Crockett Invitational, clocking a 23:46.9 time.

High School
Attended Discovery Canyon Campus High School in Colorado Springs, Colo... Lettered all four years in cross country and track... Was also on the swim team.

Personal
Daughter of Brian and Julie Lindsey... Born Feb. 17, 2004... Sibling to Camryn Lindsey... Majoring in elementary education.

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Kailey Littlefield

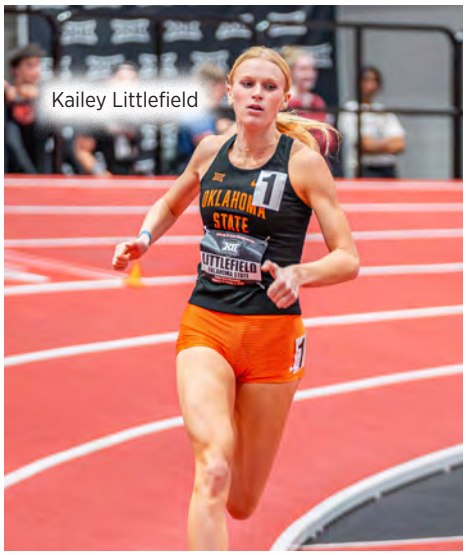
Distance – RFr. I So. I RFr.
Lucas, Texas I Lovejoy HS

Personal Bests
400 Meters – 58.17
600 Meters – 1:36.74
800 Meters – 2:09.18
1,000 Meters – 2:53.97
3K (XC) – 11:06.3

2025 Indoors
Opened her career in the orange and black with a personal best in the 600 Meters with her time of 1:36.74 at the Arkansas Invitational... Won the 1,000 Meters at the Steve Miller Invitational in dominant fashion, winning by nearly three seconds overall... Placed second one week later at the Tyson Invitational in the 800 Meter open section... Finished 13th overall in her first appearance at the Big 12 Indoor Championships in the 800 Meters...

High School
Attended Lovejoy High School in Lucas, Texas... Lettered all four years in cross country and track... Was a three-time state champion in the 800 Meters and two-time state runner-up in the 4x400 Meter Relay... Was also a two-time New Balance All-American and made the all-state team in cross country twice.

Personal
Born April 18, 2006, in McKinney, Texas... Daughter of Carly and Casey Littlefield... Mother, Carly, ran track at ULM and father, Casey, played baseball at NEO A&M... Majoring in Finance.


Kailey Littlefield

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Jinane Mahi

Distance – RJr. I RJr. I Sr.
Rennes, France

Personal Bests
800 Meters – 2:20.82
1,000 Meters – 2:55.74
1,500 Meters – 4:29.35
Mile – 4:51.14
3,000 Meters – 10:05.66
5,000 Meters – 17:11.70
3K (XC) – 10:35.9
6K (XC) – 20:38.0

Honors and Awards
2025 Track & Field Academic First Team All-Big 12
2024 Cross Country Academic First Team All-Big 12
2024 Track & Field Academic First Team All-Big 12
2023 Cross Country Academic First Team All-Big 12

2025 Indoors
Competed in the Mile four times during the indoor season and the 3,000 Meters once... Set her 3K personal best of 10:05.66 at the Tyson Invitational.

2024 Cross Country
Kicked off her sophomore cross country campaign with a 13th-place finish at the Cowboy Jamboree... Placed 34th overall at the Big 12 Championships, helping the Cowgirls secure a fourth-place finish in the team standings... Ran at the NCAA Cross Country Championships for the first time.

2024 Outdoors
Kicked off her sophomore campaign with a personal best in the 800 Meters and a tenth-place finish at the Stanford Invitational... Ran a nearly four-second personal best in the 1,500 Meters at the Arkansas Twilight with a time of 4:29.35... Competed in both the 1,500 Meters and 5K at the Big 12 Championships, setting another personal best in the 5,000 Meters.

2024 Indoors
Competed four times in two different events in her freshman indoor campaign... Opened her season with a tenth-place finish in the Mile at the Arkansas Invitational with a time of 4:52.43... Set a new personal best in the 1,000 Meters at the DeLoss Dodds Invitational with a mark of 2:55.74... Ran another personal best in the Mile two weeks later at the Arkansas Qualifier with a time of 4:51.14.

2023 Cross Country
Appeared twice during her first official cross coun-

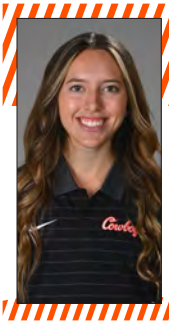
try season... Placed 20th at the Cowboy Preview with a 3K time of 11:03.0.... Finished 16th overall at the Cowboy Jamboree with a 6K time of 22:27.4

2023 Outdoors
Competed twice during her freshman outdoor season in the 1,500 Meters, setting a personal-best time of 4:33.37 at the Stanford Invitational.

2022 Cross Country
Had a pair of impressive unattached runs for OSU in the Cowboy Jamboree and Weis-Crockett Invitational... Crossed the finish line as the first unattached Cowgirl in the Cowboy Jamboree with a 6K time of 21:08.0, good enough for a 35th place finish... Kept up that momentum with a top 25 finish in the Weis-Crockett, tabbing a 21:23.1 6K.

High School
Was the 2021 3k French National Champion... Earned the 30 minutes French National Champion in 2020 and 2021... Named the High School Cross Country French National Champion in 2020.

Personal
Daughter of Kamal and Beatrice Mahi... Sibling to Nawfal and Safwane Mahi... Majoring in applied exercise science.



OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Cameron McClure

Distance – RJr. I RJr. I Sr.
Amarillo, Texas I Canyon Randall HS

Personal Bests
800 Meters – 2:07.71
1,000 Meters – 2:53.55
1,500 Meters - 4:17.94
Mile – 4:45.97
3,000 Meters – 9:32.08
5,000 Meters – 17:01.36
3K (XC) – 11:02.4
6K (XC) – 20:43.7

Honors and Awards
2025 Track & Field Academic First Team All-Big 12
2024 Cross Country Academic First Team All-Big 12
2024 Track & Field Academic First Team All-Big 12
2023 Cross Country Academic First Team All-Big 12

International Competition
Competed at the 2023 USA U20 Championships, finishing seventh overall in the 1,500 Meters.

2025 Outdoors
Competed three times in the 1,500 Meters and once in the 800 Meters outdoors... Finished with a season-best mark of 4:27.07 at the Arkansas Twilight n May.

2025 Indoors
Appeared just one time indoors, placing tenth and 15th in the 800 and 1,000 Meters, respectively, at the Arkansas Invitational.

2024 Cross Country
Competed four times during the cross country season... Opened with a 16th-place finish at the Cowboy Jamboree... Also ran for the Cowgirls at the Wisconsin Pre-National meet before appearing at both the Big 12 and NCAA Championships.

2024 Outdoors
Continued her winning ways outdoors, taking home victories in two of her first three races to open the outdoor campaign at the Stanford and Bryan Clay Invitationals... Set her current personal best in the 800 Meters at the Bryan Clay Invitational with a time of 2:07.71... Finished sixth overall at the John McDonnell Invitational in the 1,500 Meters with her time of 4:18.73... Competed in both the 800 and 1,500 Meters at the Big 12 Championships, making the Big 12 final in the 1,500... Qualified for the NCAA West Prelims in the 1,500 Meters.

2024 Indoors
Competed four times for OSU during the indoor season... Kicked off her campaign with a personal best in the 1,000 Meters with her time of 2:53.55... Set another personal best in the Mile at the Eagle Elite Invitational in Boston with a mark of 4:45.97... Competed in both the Mile and 3,000 Meters at the Big 12 Indoor Championships, clocking a new personal best in the 3K earning her a tenth-place finish overall.

2023 Cross Country
Opened her freshman cross country campaign with a tenth-place finish at the Cowboy Jamboree, earning her a spot on the Big 12 roster for the conference championships... Placed 29th at the Big 12 Championships with a personal best 6K time of 20:43.7.

2023 Outdoors
Won her first two career outdoor races in the 800 Meters, setting a personal-best time of 2:09.72 at the Stanford Invitational... Once again competed in two different events at the Big 12 meet, finishing 13th overall in the 5,000 Meters.

2023 Indoors
Competed in four meets during her inaugural indoor campaign... Finished fifth in the 800 Meters at the Arkansas Invitational... Ran in both the Mile and 3,000 Meters at the Big 12 Indoor Championships, finishing with a personal-best time of 9:50.57 in the 3K.

2022 Cross Country
Competed in two races as an unattached runner... Tabbed a 22:27.0 finish in the 6K at the Cowboy Jamboree... Built on that performance with a 22:23.4 6K time at the Weis-Crockett Invitational.

High School
Attended Randall High School in Amarillo, Texas... Lettered four years in cross country and three years in track... Named to the All-State team all four years... Was the 5A cross country state champion in 2021... Honored as the Texas Coaches Girls Cross Country Athlete of the Year... Also played soccer.

Personal
Daughter of Bill and Sandra McConnell... Born Jan. 3, 2004, in Aurora, Colo... Sibling to Amy and Caitlin McConnell... Studying applied sciences: nutritional health.

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Autumn Michalski

Distance – RFr. | So. | So.
Park Falls, Wisconsin I Chequamegon HS

Personal Bests
1,500 Meters – 4:30.97
Mile – 4:57.70
3,000 Meters – 9:41.33
5,000 Meters – 16:57.21
Steeplechase – 10:42.19
3K (XC) – 10:39.1

2025 Outdoors
Opened her freshman outdoor season at the Stanford Invitational before placing a personal best in the 1,500 Meters at the John McDonnell Invitational with a time of 4:30.97... Took second in her first career Steeplechase at the Arkansas Twilight with her time of 10:43.23... Competed at the Big 12 Outdoor Championships, setting new personal bests in both the Steeplechase and 5,000 Meters to wrap up her season.

2025 Indoors
Kicked off her Cowgirl career with a personal best in the Mile with her time of 4:57.70 at the Arkansas Invitational... Set her personal best 3K time of 9:41.33 at the Tyson Invitational, where she placed third overall.

High School
Attended Chequamegon High School in Park Falls, Wisconsin... Lettered all four years in cross country and track and one year in volleyball... Was a five-time state champion and 12-time state medalist... Three-time Marawood Conference Cross Country MVP... Four-time Marawood Conference MVP in Track & Field... Three-time Marawood Conference Runner of the Year in XC... Two-time Marawood Conference Runner of the Year in Track... Wisconsin Cross Country Coaches Association Division 3 Runner of the Year... Wisconsin Division 3 state

record holder in cross country.

Personal
Born June 3, 2006, in Butternut, Wisconsin... Daughter of Michele and Rory Michalski... Has one brother: Cooper... Majoring in Finance.

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Jinah Mickens-Malik

Distance – - | - | RSr.
Hialeah, Fla. | Mater Academy Charter Shool

Personal Bests
400 Meters – 54.55
600 Yards – 1:19.25
600 Meters - 1:32.04
800 Meters – 2:04.74
3K (XC) – 13:47.0

Honors and Awards
2025 Indoor All-Big 12 – 600 Yards (2nd)
2024 Indoor All-Big 12 (600 Yards)
2023 Cross Country Academic Second Team All-Big 12
2023 Academic Second Team All-Big 12
2023 Indoor All-Big 12 (600 Yards)

2025 Outdoors
Kicked off her outdoor campaign with a pair of victories in the 800 Meters and 4x400 Meter Relay at the John Jacobs Invitational... Helped the Cowgirls score 14 vital points in the team race at the Oregon Team Invitational competing in the 400 Meters and 4x400 Meter Relay... Shattered her personal best in the 800 Meters with her time of 2:04.74 at the Arkansas Twilight... Went on to compete at both the Big 12 and NCAA West Prelims meets to wrap up her season.

2025 Indoors
Put together the best indoor season of her career in 2025, starting with a victory at the second meet of the season in the 600 Yards at the DeLoss Dodds Invitational, clocking a time of 1:20.13 to win by over a second overall... Set a new personal best in the 400 Meters with her time of 54.55 at the Arkansas Qualifier... At the Big 12 Indoor Championships, Mickens-Malik took second overall in the 600 Yards as she broke the school record with her time of 1:19.25, taking the record from former teammate Tamara Woodley, who set it the previous year at the Big 12 meet.

2024 Outdoors
Ran at five more meets during the outdoor campaign... Helped lead the Cowgirl 4x400 Meter Relay to a meet victory at the Arkansas Spring Invitational... Set a new personal best two weeks later at the John McDonnell Invitational in the 800 Meters with her time of 2:09.19.

2024 Indoors
Appeared at five meets for the Cowgirls during her junior indoor season... Earned a pair of top-5 finishes at the DeLoss Dodds Invitational, placing second in the 600 Yards and third in the 4x400 Meter Relay... Earned her second career All-Big 12 honor at the Big 12 Indoor Championships in the 600 Yards with her time of 1:21.37, which ranks sixth in program history.

2023 Cross Country
Competed at the Cowboy Preview, clocking a time of 14:20.7

2023 Outdoors
Ran at the Texas Relays in the 4x800 Meters, helping the Cowgirls to a fifth-place finish overall.

2023 Indoors
Competed five times for the Cowgirls during the indoor season... Earned fifth and sixth-place finishes in the 600 Meter and 4x400 Meter Relay at the Arkansas Invitational, respectively... Ran a personal-best 800 Meter time of 2:09.56 at the Husky Classic... Earned All-Big 12 honors in the 600 Yards to help the Cowgirls secure their first-ever Big 12 indoor track & field title.

2022 Cross Country
Competed in the Cowboy Preview where she scored a 13:47.0 finish.

2022 Outdoors
Competed six times in her first outdoor campaign, primarily in the 800 Meters... Set her personal-best time in the 800 of 2:09.59 in her debut appearance at the Joe Walker Invitational... Finished 13th overall with a time of 2:09.95 at the Big 12 Championships.

2022 Indoors
Appeared 11 times during her debut track and field season as a middle-distance athlete... Her best individual performance came at the Arkansas Invitational, where she placed fourth overall in the 600 Meters with her personal-best time of 1:33.12... Placed tenth in her first appearance at the Big 12 Championships in the 600 Yards.

High School
Attended Mater Academy Charter High School in Hialeah, Florida... Was a 4-time 3A State Champion.

Personal
Born Oct. 31, 2002, in Miami, Florida... Daughter of Ronald Malik and Fifie Williams-Malik... Majoring in Political Science.

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Kileigh Mixon

Jumps – – | Jr. | Jr.
Stroud, Oklahoma | Stroud HS

Personal Bests
High Jump – 1.74m/5-8.5

Honors and Awards
2025 Outdoor All-Big 12 – High Jump (8th)

2025 Outdoors
Kicked off her outdoor campaign with a runner-up finish at the Clyde Hart Classic, once again clearing 1.70 meters... Would then proceed to clear exactly 1.70 meters three more times in a row before finally breaking through with a 1.73-meter clearance at the Arkansas Twilight to earn the meet victory... Immediately followed her career-best performance by clearing 1.74 meters for the first time, earning her All-Big 12 honors with an eighth-place finish overall.

2025 Indoors
Opened her sophomore indoor season tying her indoor PR in the High Jump, clearing 1,70 meters for a fourth-place finish... Would later go on to earn third and second-place finishes in the High Jump at the Steve Miller Invitational and Arkansas Qualifier meets.

2024 Outdoors
Competed four times during her first outdoor season... Finished second in the High Jump at the Arkansas Twilight with a mark of 1.65 meters.

2024 Indoors
Established herself as one of the best High Jumpers in program history during her freshman season... Set her personal best in the High Jump at the DeLoss Dodds Invitational at 1.70 meters, which ranks seventh in school history.

High School
Attended Stroud High School in Stroud, Okla... Earned three All-Conference honors and one All-Conference MVP award in basketball... Also earned four All-Conference and two All-State honors in the High Jump.

Personal
Born April 3, 2005 in Stroud, Okla... Daughter of Alison Edwards and Julian Mixon.

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Annie Molenhouse

Multi-Events – – | – | RSr.
North Aurora, Illinois | Rosary HS

Personal Bests
60 Meter Hurdles – 8.65
100 Meter Hurdles – 13.94
200 Meters – 23.73
800 Meters – 2:12.54
High Jump - 1.68m/5-6
Long Jump – 5.82m/19-1.25
Shot Put – 12.88m/42-3.25
Javelin Throw – 41.25m/135-4
Heptathlon – 5,729 Points
Pentathlon – 4,084 Points

Honors and Awards
2025 USTFCCCA All-Academic
2025 Track & Field Academic First Team All-Big 12
2025 Outdoor Second Team All-American - Heptathlon
2025 Outdoor Big 12 Champion - Heptathlon
2025 Outdoor All-Big 12 – 4x400 Meter Relay (7th)
2025 Outdoor All-Big 12 – Heptathlon (1st)
2025 Outdoor Big 12 Women's Track & Field Athlete of the Week – April 9
2025 Indoor All-Big 12 – Pentathlon (5th)
2024 USTFCCCA All-Academic
2024 Track & Field Academic First Team All-Big 12
2024 Outdoor All-Big 12 (Heptathlon)
2023 Track & Field Academic First Team All-Big 12
2023 Outdoor All-Big 12 (Heptathlon)

2025 Outdoors
Had yet another breakout season outdoors during the 2025 campaign, winning the Jim Click Shootout Heptathlon with a personal-best score of 5,641 points, which was over 200 points better than her previous best... For her performance, Molenhouse was named Big 12 Women's Track & Field Athlete of the Week with her mark leading the NCAA at the time, becoming the sixth Cowgirl in program history to win the award outdoors... Set a new Long Jump personal best with her leap of 5.82 meters at the Oregon Open... Helped the Cowgirls score 14 points at the Oregon Team Invitational competing in the 100 Meter Hurdles and 4x400 Meter Relay... Broke her personal records in the High Jump (1.68m) and Shot Put (12.88m) in the next two meets, respectively... At the Big 12 Outdoor Championships in Kansas, Molenhouse won her first Big 12 title in the Heptathlon with a personal-best score of 5,729 points, winning by nearly 200 points overall... During the competition, she won the 200 Meters and the Shot Put, with her wind-aided 200 time of 23.73 being a new personal best in the Heptathlon... Molenhouse was the first Cowgirl in program history to win a Big 12 in the multi-events, with her score moving her up to third in program history... Competed at the NCAA West Prelims in the 4x400 Meter Relay, narrowly missing nationals by one spot as the team ran the third-fastest mark in OSU history of 3:34.40... Qualified for the NCAA Championships in the Heptathlon, earning second team All-America honors with her score of 5,669 points, setting new PRs in the Javelin and 100 Meter Hurdles in the process.

2025 Indoors
Opened her senior indoor season competing in three separate events at the Arkansas Invitational, placing third in the 60 Meter Hurdles... Completed her first full Pentathlon of the season at the DeLoss Dodds Invitational, hitting a massive PR with 4,084 points, which put her fourth on the program's all-time list... Earned All-Big 12 honors for the first time indoors with her fifth-place finish in the Pentathlon as she scored 3,989 points at the conference meet, including a new personal best in the 60 Meter Hurdles with a time of 8.65 seconds.

2024 Outdoors
Competed at six meets during her outdoor campaign... Finished her first full Hep of the season at the Jim Click Shootout with a personal best in the event with a score of 5,368 points and a fifth-place finish... Set new personal bests in the 800 Meters and Long Jump at the John McDonnell Invitational with marks of 2:17.70 and 5.51 meters, respectively... Dropped another personal best in the Shot Put at the Arkansas Twilight with a toss of 12.60 meters... Earned her second consecutive All-Big 12 honor in the Heptathlon with a seventh-place score of 5,410 points, which ranks third in program history.

2024 Indoors
Continued her breakout into the 2024 indoor season... Completed her first full Pentathlon at the Razorback Invitational with a score of 3,748 points... Competed at the Big 12 Indoor Championships, placing tenth overall scoring 3,780 points, which ranks fourth in program history.

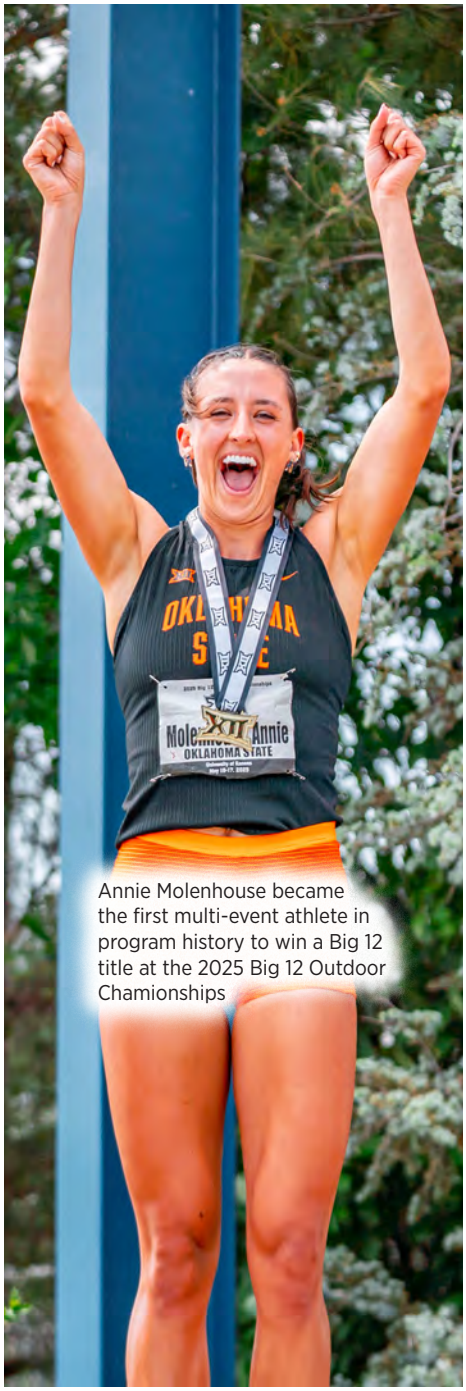
2023 Outdoors
Broke out during her inaugural outdoor season... Finished her first full Heptathlon at the Jim Click Shootout in Arizona, scoring 4,878 points... At the Big 12 Outdoor Championships, Molenhouse earned All-Big 12 honors for the first time with her seventh-place finish in the Hep, scoring 5,180 points which puts her fourth in program history.

2023 Indoors
Competed in four indoor meets and completed two Pentathlons... Kicked off her season with a third-place finish in the Pentathlon at the Kansas State Winter Invite... Earned another third-place finish in the Pentathlon at the Wichita State Herm Wilson Invitational.

2022 Indoors
Appeared in three meets during her debut track and field season... Competed in four individual events before putting it all together for her first collegiate Pentathlon at the Herm Wilson Invitational, where she earned a fifth-place finish with 2,828 points overall.

High School
Attended Rosary High School in Aurora, Ill... Lettered all four years in Cross Country and Track and Field and three years in Basketball... Was named Academic All-Conference all four years.

Personal
Born Sept. 14, 2002... Daughter of Pete and Heidi Molenhouse... Majoring in Sport Management.



Annie Molenhouse became the first multi-event athlete in program history to win a Big 12 title at the 2025 Big 12 Outdoor Chamionships

The Cowgirls

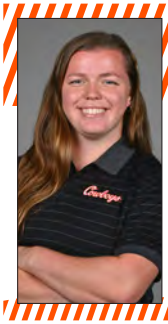
OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Pavana Nagaraj

Jumps – – | So. | So.
Bengaluru, India I San Diego State

International Competition
Competes for her native India on the international stage... Won gold in long jump at the 2024 Asian U-20 Championships with a jump of 6.32m which ranked third best jump in India at the time ... Also won gold in long jump at the National Federation Cup U20 and Asian U20 Athletic Championships ... Set a junior Asian record of 5,076 points in the heptathlon for another gold at the 2024 National Federation Cup U20.

Prior to OSU
Transferred from San Diego State following her freshman year, where she qualified for the NCAA West Prelims in the Long Jump with her 6.32 meter jump to win the Mt. SAC Relays in California... Placed 26th at the 2025 NCAA West Prelims in the Long Jump.



OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Rachel Neaves

Throws – I RJr. I Sr.
Edmond, Oklahoma I Deer Creek HS

Personal Bests
Discus Throw – 41.53m/136-3
Hammer Throw – 65.53m/215-0
Shot Put – 14.57m/47-9.75
Weight Throw – 19.16m/62-10.5

Honors and Awards
2025 USTFCCCA All-Academic
2025 Track & Field Academic First Team All-Big 12
2025 Outdoor All-Big 12 – Hammer Throw (4th)
2025 Indoor All-Big 12 – Weight Throw (7th)
2024 USTFCCCA All-Academic
2024 Track & Field Academic First Team All-Big 12
2024 Outdoor All-Big 12 (Hammer Throw)
2023 Outdoor All-Big 12 (Hammer Throw)

2025 Outdoors
Opened her junior outdoor season in style, winning the Clyde Hart Classic Hammer Throw with a toss of 57.98 meters... Took sixth at the Texas Relays before grabbing a runner-up finish at the John Jacobs Invitational... Collected another top-5 finish in the Hammer Throw with her fourth-place toss of 61.18 meters at the Beach Invite in California, a personal best at the time... Earned her third consecutive All-Big 12 honor in the Hammer Throw with a massive personal-best throw of 65.53 meters to take home fourth as the Cowgirls would score 17 team points in the event... Qualified for the NCAA West Prelims for the third straight year.

2025 Indoors
Appeared in five meets during the indoor season in the Weight Throw... Kicked off her season with a personal best at the Owen Hewett Invitational with her toss of 18.47 meters... Secured her second straight top-5 finish as she placed fifth at the JD Martin Invitational... At the Big 12 Indoor Championships, Neaves dropped a huge personal best, throwing 19.16 meters to place seventh for her first indoor All-Big 12 honor.

2024 Outdoors
Competed seven times for the Cowgirls during her sophomore season... Opened the season with a sixth-place finish in the Hammer Throw at the Clyde Hart Classic... Set her current personal best in the Hammer at the John Jacobs Invitational with a toss of 60.86 meters, which ranks third in program history... Placed second and third in the Hammer Throw and Shot Put, respectively at the John McDonnell Invitational... Came back two weeks later and once again placed second and third in the two events... At the Big 12 Outdoor Championships, Neaves earned her second All-Big 12 honor in the Hammer Throw with her third-place throw of 58.30 meters... Qualified for the NCAA West Prelims, placing 17th overall.

2024 Indoors
Opened her inaugural indoor campaign with a pair of top-5 finishes in the Shot Put and Weight Throw at the Arkansas Invitational... Repeated the same feat at the Arkansas Qualifier in February with a personal best in the Weight Throw of 17.80 meters, which ranks ninth in program history.

2023 Outdoors
Appeared in seven outdoor meets during her freshman season, emerging as one of the best freshman throwers in the country... Earned a pair of top-5 finishes at the Clyde Hart Classic at Baylor in the Hammer Throw and Shot Put... Competed in the Discus at the John Jacobs Invitational, setting a personal best... Earned All-Big 12 honors in the Hammer with her fifth-place throw of 59.95 meters... Qualified for the NCAA West Prelims in the Hammer, throwing a new personal best 60.28 meters.

High School
Attended Deer Creek High School in Edmond, Okla... Lettered four years in track & field... Was the 2021 State Champion in shot put and discus... Awarded USATF Hammer All-American in 2019... COAC Female Field Event Athlete of 2021.

Personal
Daughter of Todd and Andi Neaves... Born April 27, 2003... Sibling to Megan Neaves... Majoring in pre-med.

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Bella Nelson

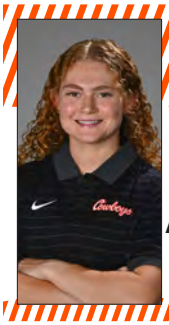
Distance – Fr. | Fr. | Fr.
Owasso, Oklahoma I Owasso HS

High School
Attended Owasso High School in Owasso, Oklahoma... Named the 2024-25 Gatorade Player of the Year in Oklahoma for Girls Cross Country... Was a four-time team and two-time individual state champion in cross country... Was also a two-time track state champion... Lettered in track & field and cross country all four years in high school.

Personal
Born August 7, 2007, in Boulder, Colorado... Daughter of Billy and Alisa Nelson... Father, Billy Nelson was a U.S. Olympian and two-time Big 12 Champion for Colorado in the Steeplechase... Has three siblings: Noah, Lonnie and Wyatt... Majoring in Business.

Rachel Neaves

The Cowgirls



OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Aubrey O'Connell

Distance – RJr. I Sr. I RJr.
Prosper, Texas I Prosper HS

Personal Bests
800 Meters – 2:10.86
1,000 Meters – 2:49.88
1,500 Meters – 4:20.32
Mile – 4:46.04
3,000 Meters – 10:08.09
5,000 Meters – 17:04.23
6K (XC) – 22:34.6

Honors and Awards
2025 USTFCCCA All-Academic
2025 Track & Field Academic First Team All-Big 12
2025 Indoor All-Big 12 – 1,000 Meters (8th)
2024 Cross Country Academic First Team All-Big 12
2024 Track & Field Academic First Team All-Big 12
2023 Cross Country Academic First Team All-Big 12

2025 Outdoors
Opened her outdoor campaign at the Stanford Invitational, clocking a time of 4:23.37 in the 1,500 Meters... Set a new personal best in the 1,500 Meters with her mark of 4:20.32 to punch her ticket to the West Prelims... Competed in the 1,500 and 5,000 Meters at the Big 12 Outdoor Championships.

2025 Indoors
Appeared in four meets indoors... Set a new personal best in the 800 Meters at the Razorback Invitational... Two weeks later, broke her Mile PR with her time of 4:46.04 at the Tyson Invitational in Arkansas... At the Big 12 Indoor Championships, O'Connell earned All-Big 12 honors in the 1,000 Meters with her eighth-place finish overall.

2024 Cross Country
Kicked off her cross country season at the Cowboy Jamboree, setting a new 6K cross country personal best of 22:34.6... Also picked up a 13th-place finish at the Weis-Crockett Invitational.

2024 Outdoors
Competed four times for the Cowgirls during her first collegiate outdoor season... Set her personal best in the 1,500 Meters at the Arkansas Twilight with her mark of 4:29.58... Ran at the Big 12 Outdoor Championships in both the Mile and 5K.

2024 Indoors
Appeared at four meets during the indoor season... Placed second in the Mile at the Razorback Invitational with her time of 4:49.43... At the Eagle Elite Invitational in Boston, O'Connell set personal bests in both the Mile and 3K, with times of 4:48.87 and 10:08.09, respectively... Competed at the Big 12 Indoor Championships in both the 1,000 and 3,000 Meters.

2023 Cross Country
Ran at the Cowboy Jamboree, placing 36th overall with her 6K time of 23:15.8.

2023 Indoors
Competed six times for the Cowgirls in her freshman indoor season... Finished second overall in her first collegiate 800 Meters at the Arkansas Invitational... Ran a personal best in the Mile at the Husky Classic... Set another personal best in the 800 one week later at the Arkansas Qualifier.

2022 Cross Country
Ran unattached in the Cowboy Preview and Weis-Crockett Invitational, where she tabbed a 23:13.8 and 22:50.3 6K finish, respectively.

High School
Attended Prosper High School in Prosper, Texas... Lettered four years in cross country and track... Was the cross country 6A State Champion in 2019 and 800m State Champion in 2021... Also played soccer.

Personal
Daughter of Mike and Stacia O'Connell... Born Sept. 17, 2003... Sibling to Mason O'Connell... Majoring in Graphic Design.

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Lauren Ping

Distance – RSo. | RSo. | Jr.
Phoenix, Arizona | Valley Christian HS

Personal Bests
800 Meters – 2:14.09
1,000 Meters – 2:58.19
1,500 Meters – 4:20.54
Mile – 4:47.21
3,000 Meters – 9:39.45
5,000 Meters – 16:26.43
3K (XC) – 10:32.1
6K (XC) – 20:49.1

Honors and Awards
2025 Track & Field Academic First Team All-Big 12
2024 Cross Country Academic First Team All-Big 12

2025 Outdoors
Kicked off her outdoor season with back-to-back fourth-place finishes in the 1,500 Meters at both the Stanford Invitational and Oregon Open... Competed in both the 1,500 Meters and 5,000 Meters at the Big 12 Championships, setting a new 5K personal best with her time of 16:26.43.

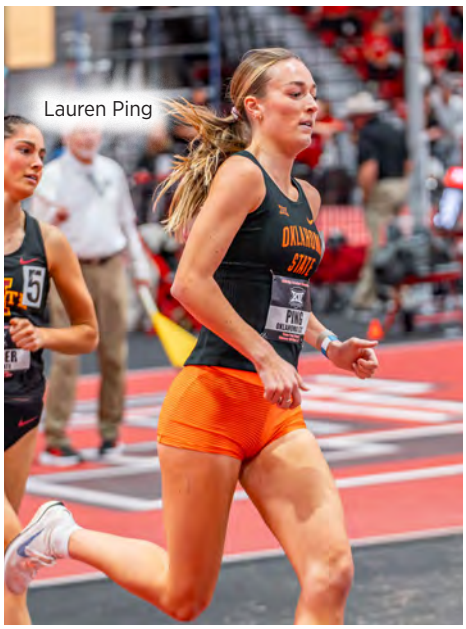
2025 Indoors
Appeared at four meets during her freshman indoor campaign, setting a new personal best at each meet... Placed 13th at the Tyson Invitational in the Mile with a personal-best mark of 4:47.21... At the Big 12 Indoor Championships, Ping competed in both the Mile and 3,000 Meters.

2024 Cross Country
Opened her inaugural cross country season with a fourth-place finish at the Cowboy Preview... Won the Weis-Crockett Invitational just ahead of her sister and teammate, Grace, to help lead the Cowgirls to the overall meet victory... Competed at both the Big 12 and NCAA Midwest Regional meets.

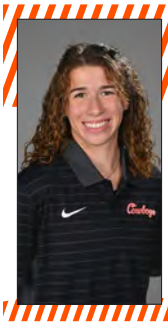
2024 Outdoors
Competed at four meets for the Cowgirls during her freshman outdoor season... Set her personal best in the 1,500 Meters at the Arkansas Twilight of 4:31.67... Ran in both the 1,500 Meters and 5,000 Meters at the Big 12 Outdoor Championships.

High School
Attended Valley Christian High School in Phoenix, Ariz... Was a three-time state champion in the 3,200 Meters and two-time state champion in the 1,600 Meters... Won the state cross country meet four times... Also lettered one year in cross-country skiing in addition to six letters in cross country and track.

Personal
Daughter of Ryan and Megan Ping... Has two siblings: Grace and Jamison... Sister, Grace, was previously a member of the OSU Cross Country and Track team for four years... Majoring in Finance.



Lauren Ping



OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Kaylie Politza

Distance – RJr. I Sr. I Sr.
Valparaiso, Indiana I Valparaiso HS

Personal Bests
600 Meters – 1:31.08
800 Meters – 2:02.04
1,000 Meters – 2:45.67
1,500 Meters – 4:14.23
Mile – 4:41.79
3,000 Meters – 10:09.75
3K (XC) – 10:38.3
6K (XC) – 22:02.0

Honors and Awards
2025 Outdoor All-American Honorable Mention–800 Meters (22nd)
2025 Outdoor All-Big 12 – 4x400 Meter Relay (7th)
2025 Outdoor All-Big 12 – 800 Meters (6th)
2025 Indoor Second Team All-American – 800 Meters (13th)
2025 Indoor All-Big 12 – 800 Meters (4th)
2024 Track & Field Academic First Team All-Big 12
2024 Indoor All-Big 12 (DMR)
2023 Cross Country Academic First Team All-Big 12
2023 Outdoor All-Big 12 (800 Meters)
2023 Indoor Big 12 Champion - DMR
2023 Indoor All-Big 12 (DMR)

International Competition
Competed at the 2023 USA U20 Championships, finishing fourth overall in the 800 Meters.

2025 Outdoors
Continued her breakout 2025 into the outdoor season, kicking it off with a win at the Oregon Open in the 1,500 Meters with a new personal best of 4:14.23... The next day, she scored a massive 13 points at the Oregon Team Invitational as she took second with her time of 2:03.44... Earned All-Big 12 honors in both the 800 Meters and 4x400 Meter Relay... At the NCAA West Prelims, Politza ran a personal-best time of 2:02.04 to qualify for the NCAA Championships... However, she was taken out in the first round at the NCAA Championship by another runner as she was making a move to the front... The following week, Politza would shatter her personal best in the 800 Meters, clocking a time of 2:00.94 at the Portland Track Fest to move her up to third on the program's all-time list, behind only Gabija Galvydyte and Sinclaire Johnson.

2025 Indoors
Opened her indoor campaign with a personal best in the Mile with her mark of 4:41.79... Won the Arkansas Invitational in the 1,000 Meters with her personal-best time of 2:45.67, which ranked sixth in program history, passing two Arkansas runners in the final 50 meters... Also set a new PR in the 600 Meters with a time of 1:31.08, which was fourth in OSU history... Took third at the Razorback Invitational in the 800 Meters, once again setting an indoor PR of 2:03.47... At the Big 12 Indoor Championships, Politza soloed a 2:02.21 performance in the 800 Meters, which qualified her for the national meet and moved her up to second in program history, behind only Cowgirl Olympian Gabija Galvydyte... Earned All-Big 12 honors in the 800 Meters... Followed up her Big 12 performance by dropping another 2:02 in the 800, going 2:02.69 to earn second team All-America honors.

2024 Cross Country
Competed in three cross country meets in 2024... Set a new 6K cross country personal best at the Cowboy Jamboree of 22:02.0... Picked up a sixth-place finish at the Weis-Crockett Invitational.

2024 Outdoors
Appeared at six meets during the outdoor season, opening up with a second-place finish at the Stanford Invitational in the 800 Meters with a time of 2:07.61... Set a personal best of 4:29.32 in the 1,500 Meters at the John McDonnell Invitational... Dropped a huge personal best of 2:04.72 in the 800 Meters at the Arkansas Twilight to move her up to tenth in program history at the time... Placed 11th overall in the 800 Meters at the Big 12 Championships... Qualified for the NCAA West Prelims in the 800 and advanced through to the quarterfinals.

2024 Indoors
Opened her indoor season at the Sharon Colyear-Danville Season Opener in Boston, clocking an indoor personal best in the 800 Meters with a time of 2:06.95, which sits tenth in OSU history... Returned a month later to set another personal best in the 600 Meters of 1:31.14, which ranks fourth in program history.... Competed in the 800 Meters, 4x400 Meter Relay and DMR at the Big 12 Championships, earning All-Big 12 honors as a member of the DMR.

2023 Cross Country
Finished 26th at the Cowboy Jamboree with a 6K personal-best time of 22:44.9

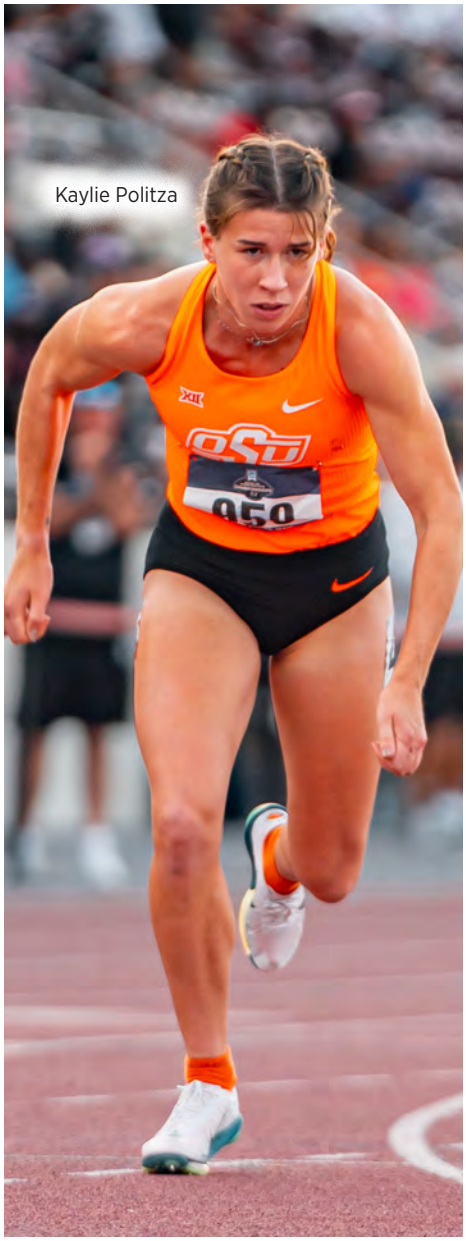
2023 Outdoors
Proved herself as one of the best middle-distance freshmen in the country during the outdoor season... Earned All-Big 12 honors in the 800 Meters with her personal-best time of 2:07.62... Qualified for the NCAA West Prelims in the 800 Meters, running 2:08.80.

2023 Indoors
Competed four times for the Cowgirls during her freshman season... Finished third in her first collegiate race, going 2:48.43 in the 1,000 Meters... Raced in three events at the Big 12 Championships, earning her first career conference title in the Distance Medley Relay and helping the Cowgirls earn their first-ever conference track & field title.

2022 Cross Country
Ran unattached at the Cowboy Jamboree and Weis-Crockett Invitational, clocking 6K times of 22:27.8 and 22:28.2, respectively.

High School
Attended Valparaiso High School in Valparaiso, Ind... Lettered four years in cross country and three years in track and field... Was a four-time All-State runner in cross country and a two-time All-State honoree in track... Also a black belt in Tae Kwon Do.

Personal
Daughter of Robert and Stacy Politza... Born Aug. 22, 2004... Sibling to Robby and Gabi Politza... Majoring in sports and coaching sciences.


Kaylie Politza

The Cowgirls

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Lilly Ray

Sprints – – | So. | So.
Weatherford, Oklahoma I Weatherford HS

Personal Bests
60 Meters – 7.67
100 Meters – 12.10

2025 Outdoors
Competed in the 100 Meters twice outdoors, running a wind-aided PR of 12.10 at the Arkansas Spring Invitational.

2025 Indoors
Appeared three times during her freshman indoor season... Clocked a personal-best time of 7.67 seconds in the 60 Meters at the Steve Miller Invitational in February.

High School
Attended Weatherford High School in Weatherford, Oklahoma... Lettered all four years in track... Was an eight-time state champion and two-time All-American.

Personal
Born July 3, 2005, in Weatherford, Oklahoma... Majoring in Psychology.

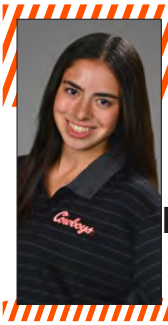
OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Adelynn Rodriguez

Distance – Fr. | Fr. | Fr.
El Paso, Texas I Eastwood HS

High School
Attended Eastwood High School in El Paso, Texas... Lettered all four years in track & field and cross country... Two-time top 10 finisher at the Texas State Meet in cross country... Earned a bronze medal at the state meet in the 3,200 Meters.

Personal
Born June 22, 2007, in El Paso, Texas... Daughter of Marilynn Navarro... Has two siblings: Sulliman and Braulio... Majoring in Biochemistry.



OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Krystal Rodriguez

Distance – RSr. | – | –
Miami, Florida | Coral Reef HS

Personal Bests
800 Meters – 2:13.70
1,000 Meters - 2:52.55
1,500 Meters – 4:28.97
Mile - 4:47.91
3,000 Meters – 9:41.21
3K (XC) – 10:29.9
6K (XC) – 21.29.1

Honors and Awards
2025 Track & Field Academic First Team All-Big 12
2024 Cross Country Academic First Team All-Big 12
2024 Track & Field Academic First Team All-Big 12
2023 Cross Country Academic First Team All-Big 12
2023 Academic First Team All-Big 12
2023 Indoor All-Big 12 (Mile)
2022 Cross Country Academic All-Big 12 First Team
2022 Indoor All-Big 12 (1,000 Meters)

2025 Outdoors
Competed four times in the 1,500 Meters outdoors, finishing with a season-best mark of 4:30.45.

2025 Indoors
Appeared at four meets for the Cowgirls during her senior indoor season.

2024 Cross Country
Competed at the Cowboy Jamboree, placing 19th overall with a new 6K personal best time of 21:29.1.

2024 Outdoors
Competed four more times during the outdoor season, finishing with a season-best mark of 4:35.19 in the 1,500 Meters.

2024 Indoors
Competed four times during the indoor season... Earned a fourth-place finish in the 1,000 Meters at the DeLoss Dodds Invitational with her time of 2:53.31.

2023 Cross Country
Appeared in two meets for the Cowgirls, scoring at the Cowboy Preview with her eighth-place finish and 3K time of 10:29.9... Placed 21st at the Cowboy Jamboree with a 6K time of 22:35.8.

2023 Outdoors
Appeared four times during the outdoor season in the 800 and 1,500 Meters... Finished third in the 800 Meters at the John Jacobs Invitational... Ran at the Big 12 Championships in the 1,500 Meters

2023 Indoors
Competed seven times for the Cowgirls during the indoor season... Set her personal best in the 3,000 Meters at the Razorback Invitational... Earned All-Big 12 honors in the Mile, helping the Cowgirls earn their first-ever conference track & field title.

2022 Cross Country
Appeared in three races for the Cowgirls... Opened her season at the Cowboy Preview, where she was the second Cowgirl across the finish line with a 3K time of 10:49.4... Followed that up with a 22:13.8 6K time at the Cowboy Jamboree... Wrapped up her season at the Weis-Crockett Invitational, where she earned a top 75 finish and tabbed a career best 21:54.4.

2022 Outdoors
Competed in six events for the Cowgirls during the outdoor season as a middle-distance specialist... Kicked things off at the Joe Walker Invitational, where she did the 800-1,500 Meter double alongside several other Cowgirls... Picked up a top-5 finish in the 1,500 Meters at the Arkansas Twilight with a personal-best time of 4:32.89... Wrapped up her season with a 19th-place finish at the Big 12 Championships in the 1,500.

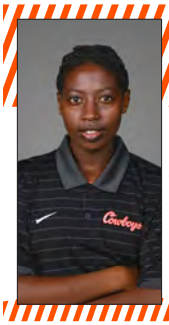
2022 Indoors
Appeared in five meets during her debut track and field season., primarily in the 1,000 Meters... Picked up back-to-back top-10 finishes in her first two 1,000 Meter races at the Wooo Pig Classic and Arkansas Invitational... Earned her first career All-Big 12 honor in the 1,000 Meters as she finished seventh overall at the conference meet.

2021 Cross Country
Competed at the Cowboy Jamboree, finishing with a 6K time of 24:54.8 in her Cowgirl cross country debut.

High School
Attended Coral Reef High School in Miami, Florida... Lettered all four years in both cross country and track & field... Qualified for State Finals and broke her high school records in the 800m and 1600m... 4A District Regional Champion.

Personal
Born Aug. 29, 2003, in Miami, Fla... Daughter of Luis and Erika Rodriguez... Majoring in Applied Exercise Science and enjoys making art in her free time.

The Cowgirls



OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Maureen Rutoh

Distance – Fr. I So. I So.
Kericho, Kenya

Personal Bests
1,500 Meters – 4:25.01
Mile – 4:51.41
3,000 Meters - 9:46.37
5,000 Meters – 16:36.14
10,000 Meters – 34:19.14

2025 Outdoors
Kicked off her outdoor career in the 5,000 Meters at the Stanford Invitational... Earned a runner-up finish at the John McDonnell Invitational in the 1,500 Meters, clocking a time of 4:25.01... Placed 9th at the Big 12 Championships in the 10,000 Meters with her personal-best time of 34:19.14, which qualified her for the NCAA West Prelims.

2025 Indoors
Competed at three meets during her freshman indoor season, clocking personal best times of 4:51.41 in the Mile and 9:46.37 in the 3,000 Meters.

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Mandeep Sangha

Distance – RSo. I Jr. I Jr.
Calgary, Alberta, Canada I Crescent Heights HS

Personal Bests
800 Meters – 2:09.23
1,000 Meters – 2:49.10
1,500 Meters – 4:17.14
Mile – 4:42.38
3,000 Meters - 9:49.50
5,000 Meters – 17:01.43
3K (XC) – 10:31.5
6K (XC) – 22:00.8

Honors and Awards
2025 USTFCCCA All-Academic
2025 Track & Field Academic First Team All-Big 12
2025 Indoor All-Big 12 – Mile (8th)
2025 Indoor All-Big 12 – DMR (6th)
2024 Cross Country Academic First Team All-Big 12
2024 Indoor All-Big 12 – 1,000 Meters (8th)

2025 Outdoors
Opened her outdoor season with a pair of top-six finishes in the 800 and 1,500 Meters at the Stanford Invitational... Placed third at the Oregon Open in the 1,500 Meters before returning the next day to score 10 vital points for the Cowgirls in the 1,500 Meters at the Oregon Team Invitational with a personal-best time of 4:17.14... Competed in both the 1,500 and 5,000 Meters at the Big 12 Championships.

2025 Indoors
Competed at five meets during the indoor season... Earned a runner-up finish at the Arkansas Qualifier with her time of 4:42.38 in the Mile, a new personal best... At the Big 12 Indoor Championships, Sangha earned a pair of All-Big 12 honors in the Mile and DMR.

2024 Cross Country
Kicked off her freshman cross country season at the Cowboy Preview... Clocked a personal best at the Cowboy Jamboree with her time of 22:00.8 in the 6K... Placed eighth at the Weis-Crockett Invitational.

2024 Outdoors
Appeared twice during her first outdoor campaign, clocking her personal-best time of 4:35.61 in the 1,500 Meters to open the season at the Stanford Invitational.

2024 Indoors
Opened her Cowgirl career at the Sharon Colyear-Danvlle Season Opener in Boston, clocking a personal-best time of 4:52.03 in the Mile... Finished fifth overall in the 800 Meters at the DeLoss Dodds Invitational with her personal-best time of 2:09.23... Earned All-Big 12 honors in the 1,000 Meters at the Big 12 Indoor Championships.

High School
Attended Crescent Heights High School in Alberta, Canada... Was a provincial cross country and 800 Meter champion... Also was a provincial runner-up in the 1,500 Meters.

Personal
Daughter of Hukam and Gurjeet Sangha... Majoring in Nutritional Sciences.

Mandeep Sangha

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Kevriana Scott

Distance – RJr. I RJr. I RJr.
Houston, Texas I Kincaid HS

Personal Bests
800 Meters – 2:10.24
1,000 Meters – 2:51.00
1,500 Meters – 4:30.01
Mile – 4:54.93
5,000 Meters – 17:16.48
3K (XC) – 11:18.1
6K (XC) – 22:07.1

Honors and Awards
2025 Track & Field Academic First Team All-Big 12
2025 Indoor All-Big 12 – 1,000 Meters (6th)
2024 Cross Country Academic First Team All-Big 12
2024 Track & Field Academic First Team All-Big 12
2023 Cross Country Academic First Team All-Big 12

2025 Outdoors
In her second meet of the season, Scott ran a personal best in the 1,500 Meters at the Arkansas Spring Invitational with a time of 4:30.01... Would later go on to compete at the Big 12 Championships in both the 1,500 and 5,000 Meters.

2025 Indoors
Competed five time indoors, running a personal best in the Mile at the Arkansas Qualifier with her time of 4:54.93... Earned All-Big 12 honors in the 1,000 Meters with her sixth-place finish after clocking a PR in the prelims at 2:51.00.

2024 Cross Country
Ran three times during the cross country season, clocking new 3K and 6K cross country personal bests at the Cowboy Preview and Cowboy Jamboree, respectively.

2024 Indoors
Ran four times during her freshman indoor season... Set a new personal best in the Mile at the Razorback with her mark of 4:58.23... Won the 1,000 Meters at the DeLoss Dodds Invitational with a personal-best time of 2:51.94.

2023 Cross Country
Competed in two meets for the Cowgirls... Placed 29th at the Cowboy Preview and 17th at the Cowboy Jamboree with a pair of personal bests in the 3K and 6K on the grass.

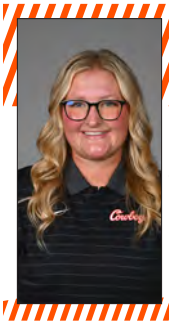
2023 Outdoors
Appeared at four meets during her freshman

campaign... Set a personal best in the 1,500 Meters at the Arkansas Twilight.

2022 Cross Country
Raced in the Cowboy Jamboree and Weis-Crockett Invitational as an unattached runner, where she clocked 6K finishes of 25:05.4 and 23:36.5, respectively.

High School
Attended the Kinkaid School in Houston, Texas... Lettered all four years in cross country and track and field... Named to All-Conference and All-State teams in cross country and track and field.

Personal
Daughter of Laguisha Britton... Born Dec. 20, 2003... Sibling to Kayla Scott.



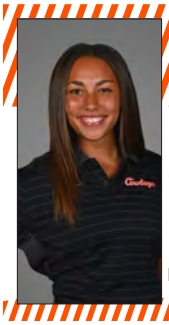
OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Tatum Seyfert

Throws – – I Fr. I Fr.
Beloit, Kansas I Beloit HS

High School
Attended Beloit High School in Beloit, Kansas... Lettered in volleyball, basketball and cheer... Was the state champion in the Shot Put in 2023 and 2024, while breaking the state record in 2024... Was also the state champion in the Discus in 2023, earning runner-up finishes in 2022 and 2024.

Personal
Born April 17, 2007, in Beloit, Kansas.... Daughter of Casey and Amanda Seyfert... Brother, Grady, plays football at the University of Kansas... Majoring in Elementary Education.



OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Lauren Smith

Pole Vault – – I – I RSr.
Benbrook, Texas I Western Colorado

Personal Bests
Pole Vault – 4.09m/13-5

Honors and Awards
2025 USTFCCCA All-Academic

Prior to OSU
Transferred to OSU from Western Colorado, where she was a multi-time All-Conference honoree in the Pole Vault, coming in with a personal best of 3.90 meters.

2025 Outdoors
Cleared 4.00 meters at the Clyde Hart Classic, giving her a runner-up finish on the day.

2025 Indoors
Opened her indoor season with a personal best in the Pole Vault, clearing 4.05 meters to earn a bronze medal at the Arkansas Invitational... Set her current personal best of 4.09 meters at the Tyson Invitational, which ranks second in program history, behind only Cowgirl Olympian Ariadni Adamopoulou... Finished 13th at the Big 12 Indoor Championships

2024 Indoors
Competed five times during her first indoor season in the orange and black... Placed fifth in her first meet, clearing a bar of 3.79 meters at the Arkansas Invitational... Exploded with a big personal best at the Razorback Invitational two weeks later, clearing 3.98 meters for the first time in her career... At the Eagle Elite Invitational in Boston, Smith cleared four meters for the first time, clearing 4.02m for a fifth-place finish, her mark becoming the second-best clearance in program history.

High School
Attended Southwest Christian School in Fort Worth, Texas.

Personal
Daughter of Teresa Smith... March 9, 2003, in Benbrook, Texas.

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

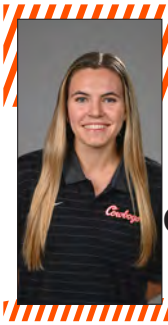
Miranda Smith

Sprints – - I RSo. I RSo.
Peaster, Texas I Peaster HS

Personal Bests
400 Meters – 59.45

2024 Outdoors
Competed twice in the 400 Meters during her first outdoor season, finishing with a personal-best mark of 59.45 at the Shocker Spring Invitational in March.

High School
Attended Peaster High School in Peaster, Texas.



OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Colleen Stegmann

Distance – RJr. I RSr. I RSr.
Frisco, Texas I Reedy HS

Personal Bests
800 Meters – 2:13.63
1,500 Meters – 4:31.52
Mile – 4:46.69
3,000 Meters - 9:33.50
5,000 Meters – 16:49.89
10,000 Meters – 35:56.44
3K (XC) – 10:57.9
6K (XC) – 20:16.0

Honors and Awards
2025 Track & Field Academic First Team All-Big 12
2024 Cross Country USTFCCCA All-Academic
2024 Cross Country Academic First Team All-Big 12
2024 Cross Country All-Region – 13th place
2024 Track & Field Academic First Team All-Big 12
2022 Cross Country Academic All-Big 12 First Team
2022 Indoor All-Big 12 (Mile)

2025 Outdoors
Competed at the John McDonnell Invitational and Big 12 Championships, clocking a new PR in the 10K of 35:56.44 at the Big 12 Championships.

2025 Indoors
Ran at three meets during the indoor season, winning the 3,000 Meters at the Tyson Invitational with her time of 9:39.17... Competed at the Big 12 Championships in the 3,000 and 5,000 Meters,

2024 Cross Country
Returned to form on the grass, proving one of OSU's most consistent performers during the 2024 season... Was the Cowgirls' fourth scorer at the Cowboy Jamboree with her 12th-place finish... Finished 27th at the Big 12 Championships as OSU's fourth scorer once again... Earned All-Region honors as she finished 13th overall, helping the Cowgirls win their third straight regional title... Was the Cowgirls' second finisher at the NCAA Championships.

2024 Outdoors
Competed three times outdoors... Set new personal bests in the 5K and 1,500 Meters with times of 16:49.89 and 4:31.52 at the Bryan Clay Invitational and Arkansas Twilight, respectively... Competed at the Big 12 Outdoor Championships in the 5,000 Meters.

2024 Indoors

The Cowgirls

Appeared at three meets for the Cowgirls during the indoor season... Finished with season-best marks of 4:54.60 and 9:44.34 in the Mile and 3,000 Meters, respectively.

2022 Cross Country
Ran in four races for OSU in her inaugural cross country season... Kicked things off at the Cowboy Preview where she scored for the Cowgirls with a top 20 finish... Then participated in the Cowboy Jamboree, where she ran the 6K for the first time and finished in 22:43.0... Improved on that performance in the Weis-Crockett Invitational, where she put forth a top 40 effort and crossed the line in 21:35.9... Earned a spot in the lineup at the Big 12 Cross Country Championship.

2022 Outdoors
Competed primarily as a middle-distance runner in her first outdoor season... Picked up a top-5 finish at the Arkansas Twilight in the 1,500 Meters with a time of 4:35.67... Finished 18th overall in her debut appearance at the Big 12 Outdoor Championships.

2022 Indoors
Competed six times for the Cowgirls during her freshman season... Finished third overall in the Mile in her debut at the Wooo Pig Classic... Earned her first career All-Big 12 honor in the Mile with a sixth-place time of 4:46.69.

2021 Cross Country
Competed once for the Cowgirls, earning a 60th-place finish at the Cowboy Jamboree with a time of 23:26.2.

High School
Attended Reedy High School in Frisco, Texas... Lettered all four years in both Cross Country and Track... Earned the Gatorade Texas Girls Cross Country Runner of the Year in 2019 after winning the 5A cross country state championship... Also qualified for the Nike Cross Nationals in 2019.

Personal
Born February 8, 2003, in Hamilton, New Jersey... Daughter of Tom and Karen Stegmann... Majoring in Engineering and enjoys reading in her free time... Father, Tom, played baseball at St. Louis University for four years.

Colleen Stegmann

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Bailey Strain

Sprints – – I So. I So.
Richardson, Texas I JJ Pearce HS

Personal Bests
60 Meters – 7.78
100 Meters – 12.04
200 Meters – 24.66

2025 Outdoors
Appeared at five meets during the outdoor season, dropping personal bests of 12.04 and 24.66 in the 100 and 200 Meters at the Arkansas Twilight.

2025 Indoors
Competed in the 60 Meters three times indoors, clocking a personal best of 7.78 at the DeLoss Dodds Invitational.

High School
Attended JJ Pearce High School in Richardson, Texas... Lettered three years in track... Was a three-time regional qualifier and academic all-district honoree... Holds her high school records in the 100 Meters, 4x100 Meter Relay and Long Jump.

Personal
Born September 23, 2005, in Richardson, Texas... Daughter of William and Tara Strain... Has on sibling: Crawford... Majoring in Engineering.

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Paige Stuart

Distance – Fr. I Fr. I Fr.
Blue Springs, Missouri I Blue Springs HS

High School
Attended Blue Springs High School in Blue Springs, Missouri... Was a two-time state champion in the 800 Meters and a relay state champion in the 4x800 and 4x400 Meters... Lettered all four years in track and three years in cross country.

Personal
Born January 8, 2007, in Blue Springs, Missouri... Daughter of Justin and Tina Stuart... Has two siblings: Tyler and Tessa... Majoring in Communication Sciences/Disorders.

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Madi Surber

Distance – RJr. I Sr. I Sr.
Tuttle, Oklahoma I Tuttle HS

Personal Bests
400 Meter Hurdles – 1:01.59
600 Meters – 1:37.02
800 Meters – 2:05.50
1,000 Meters – 2:49.18
1,500 Meters – 4:16.00
Mile – 4:50.48
3,000 Meters – 9:45.53
3K (XC) – 10:36.6
6K (XC) – 21:00.7

Honors and Awards
2025 USTFCCCA All-Academic
2025 Track & Field Academic First Team All-Big 12
2025 Outdoor All-Big 12 – 1,500 Meters (8th)
2025 Indoor All-Big 12 – DMR (6th)
2024 Cross Country Academic First Team All-Big 12
2024 Track & Field Academic First Team All-Big 12
2023 Cross Country Academic First Team All-Big 12

International Competition
Competed at the 2023 USA U20 Championships, finishing fifth overall in the 800 Meters.

2025 Outdoors
Won her heat of the Stanford Invitational to start her outdoor campaign... Followed it up with a runner-up finish to teammate Kaylie Politza in the 1,500 Meters at the Oregon Open with a personal best of 4:16.00... The next day, Surber scored 10 team points for the Cowgirls at the Oregon Team Invitational with her fifth-place finish in the 800 Meters... Earned All-Big 12 honors in the 1,500 Meters as she finished eighth overall with her time of 4:17.32... Qualified for the NCAA West Prelims in the 1,500 Meters.

2025 Indoors
Kicked off the indoor circuit at the Sharon Colyear-Danvlle Season Opener in Boston, clocking a time of 2:06.72 in the 800 Meters for a sixth-place finish... Set a pair of personal bests at the Arkansas Invitational in the 600 and 1,000 Meters one month later... Ran her Mile PR of 4:50.48 at the Razorback Invitational... Clocked her 800 PR of 2:05.50 at the Arkansas Qualifier, which ranked her ninth in program history... Earned All-Big 12 honors as a member of the DMR team that took sixth overall.

2024 Cross Country

The Cowgirls

Opened her season at the Cowboy Preview with an 11th-place finish overall... Took third at the Weis-Crockett Invitational before setting a new 6K personal best at the Big 12 Championships with her time of 21:00.7.

2024 Outdoors
Appeared at six meets during her sophomore outdoor season... Opened with a new personal best in the 1,500 Meters of 4:30.46 at the Stanford Invitational... Placed third overall at the John McDonnell Invitational in the 800 Meters with her time of 2:08.28... Set another personal best in the 800 Meters at the Big 12 Championships with a mark of 2:06.90, which qualified her for the NCAA West Prelims.

2024 Indoors
Opened her indoor season with a new personal best in the 1,000 Meters, clocking a time of 2:51.10... Competed at the Big 12 Indoor Championships in both the 800 Meters at 3K, setting a new personal best in the 3,000 Meters of 10:04.77.

2023 Cross Country
Scored in her first meet of the season at the Cowboy Preview, placing 18th overall with a 3K time of 10:51.2... Finished 23rd at the Cowboy Jamboree with a personal-best 6K time of 22:36.5.

2023 Outdoors
Burst onto the scene as one of the top middle-distance freshmen in the country during the outdoor season... Set a personal-best 400 Meter Hurdles time of 1:01.59 at the Jim Click Shootout... Picked up her first event victory in the 4x400 Meter Relay at the Corky/Crofoot Shootout... Set a new personal best in the 800 in the Big 12 Outdoors prelims, running 2:07.21... Qualified for the NCAA West Prelims, where she ran 2:08.18.

2023 Indoors
Competed in four indoor meets during her freshman campaign... Ran a season-best time in the 800 Meters of 2:10.51 at the Husky Classic in Washington.

2022 Cross Country
Competed in two races as an unattached runner... Ran a 22:40.4 6K at the Cowboy Jamboree and a 22:12.4 in the Weis-Crockett Invitational.

High School
Attended Tuttle High School in Tuttle, Okla... State champion in 100m hurdles, 300m hurdles, 400m and the 4x4... Also played softball and basketball.

Personal
Daughter of Matt and Deah Surber... Born March 4, 2004... Brother, Luke Surber, was a member of the OSU Wrestling team from 2019-2025... Majoring in Exercise Science.

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Kinidi Taylor

Jumps – – | Jr. | Jr.
Crescent, Oklahoma I Crescent HS

Personal Bests
Long Jump – 5.46m/17-11

Honors and Awards
2025 Track & Field Academic First Team All-Big 12

2025 Outdoors
Opened her outdoor season with a personal-best leap of 5.46 meters at the ORU Invitational.

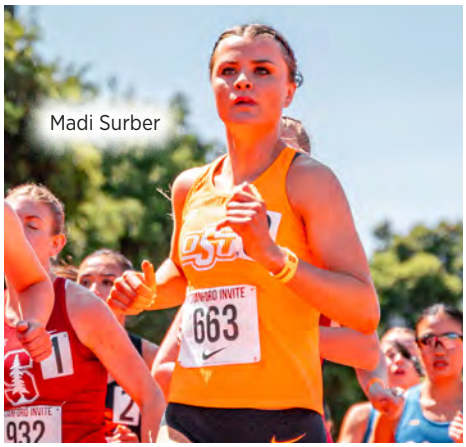
2025 Indoors
Jumped at three meets indoors.

2024 Outdoors
Appeared four times during her inaugural outdoor campaign... Jumped an all-conditions best of 5.59 meters at the Arkansas Invitational, placing fourth overall.

2024 Indoors
Competed three times in the Long Jump during her freshman indoor season... Set her personal best in the event of 5.37 meters at the Razorback Invitational in January.

High School
Attended Crescent High School in Crescent, Okla... Was a two-time state champion in the Long Jump... Also a state relay champion in the 4x100 and 4x200 Meter Relays.

Personal
Daughter of Ty and Staci Taylor... Born Jan. 11, 2005, in Oklahoma City... Played basketball and softball growing up... Majoring in Early Childhood Education.


Madi Surber

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Annalina Torres

Distance – Fr. | Fr. | Fr.
Broomfield, Colorado I Legacy HS

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Gentry Turner

Distance – Fr. | So. | So.
Bartlesville, Oklahoma I Bartlesville HS

Personal Bests
Mile – 4:54.22
3,000 Meters – 9:36.87
5,000 Meters – 16:06.26

Honors and Awards
2025 USTFCCCA All-Academic

International Competition
Competed at the 2025 USA U20 Championships in Oregon, taking second in the 3,000 Meters and fourth in the 5,000 Meters.

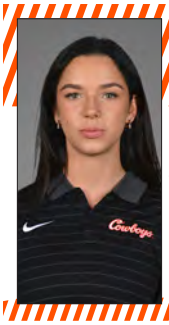
2025 Outdoors
Kicked off her freshman outdoor campaign finishing fourth in the 5,000 Meters at the Stanford Invitational Open Section... Ran a personal-best 5K time of 16:06.26 at the Payton Jordan Invitational three weeks later... Competed at the Big 12 Championships and NCAA West Prelims to wrap up her season.

2025 Indoors
Opened her Cowgirl career in the Mile at the Arkansas Invitational... Clocked a personal best in the 3,000 Meters with her time of 9:36.87.

High School
Attended Bartlesville High School in Bartlesville, Oklahoma... Lettered in track all four years... Was the 2024 Outdoor State Champion in the 3,200 Meters and Indoor State Champion in both the Mile and 3K... Placed fifth at the 2024 Oklahoma Cross Country Championships...Finished third in the 3,200 Meters at the outdoor state meet in 2023.

Personal
Born July 14, 2006, in Edmond, Oklahoma... Daughter of Tracy and Melissa Turner... Has two siblings: Quincey and Wesley... Father, Tracy, was a Decathlete at OSU from 1988-1991.

The Cowgirls



OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Olivija Vaitaityte

Multi-Events – – | RSr. | –
Vilnius, Lithuania

Personal Bests
60 Meter Hurdles – 8.84
100 Meter Hurdles – 14.39
200 Meters – 25.31
400 Meters – 59.47
600 Meters – 1:32.90
800 Meters – 2:12.21
High Jump – 1.78m/5-10
Javelin Throw – 42.57m/139-8
Long Jump – 5.87m/19-3.25
Shot Put – 12.78m/41-11.25
Heptathlon – 5,770 points
Pentathlon – 4,162 Points

Honors and Awards
2025 USTFCCCA All-Academic
2025 Track & Field Academic First Team All-Big 12
2025 Outdoor All-Big 12 – Heptathlon (3rd)
2024 USTFCCCA All-Academic
2024 Track & Field Academic First Team All-Big 12
2024 Outdoor Second Team All-American (Heptathlon)
2024 Outdoor All-Big 12 (Heptathlon)
2024 Indoor Second Team All-American (Pentathlon)
2023 Academic First Team All-Big 12
2023 Outdoor All-Big 12 (Heptathlon)
2023 Indoor All-Big 12 (Pentathlon)
2022 First Team Academic All-Big 12
2022 Honorable Mention All-American (Heptathlon)
2022 Outdoor All-Big 12 (Heptathlon)
2022 Indoor All-Big 12 (Pentathlon)

2025 Outdoors
Kicked off her senior outdoor campaign at the Clyde Hart Classic, competing in three separate events... Won the Carl Kight Lumberjack Invitational Heptathlon for her first full multi of the season... Earned the bronze medal at the Big 12 Outdoor Championships in the Heptathlon, scoring 5,509 points overall as the Cowgirls scored 19 team points in the Hep... Wrapped up her season by winning her first career Lithuanian title in the Heptathlon.

2024 Outdoors
Completed four full Heptathlons during her junior outdoor season, continuing to cement her place as one of OSU's best multis in program history... Finished third at the Jim Click Shootout with 5,490 points... Earned All-Big 12 honors in the Heptathlon for the third consecutive season with 5,599 points, including a new personal best in the 200 Meters... Qualified for the NCAA Outdoor Championships for the third time in her career, setting new personal bests in the High Jump (1.78 meters) and 800 Meters (2:12.21) to earn second team All-America honors for the second time this year... Her time of 2:12.21 at the NCAA Championships was the fastest by an athlete in the field.

2024 Indoors
Opened her indoor season with three events at the Arkansas Invitational, setting a new personal best in the 600 Meters of 1:32.90, which ranks tenth in program history... At the Razorback Invitational two weeks later, Vaitaityte broke the school record in the Pentathlon with her score of 4,162 points... Became just the second multi in program history to qualify for the NCAA Indoor Championships, earning second team All-America honors with her 14th-place finish overall.

2023 Outdoors
Appeared at six meets during her sophomore outdoor season... Finished third overall in the Heptathlon at the Jim Click Shootout, scoring 5,520 points... Earned All-Big 12 honors in the Heptathlon with her third-place finish.

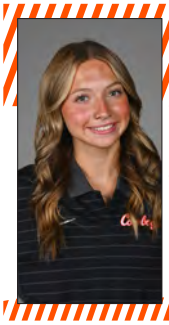
2023 Indoors
Competed in six meets during the indoor season... After competing in individual events during her first two meets, she completed her first full Pentathlon at the Razorback Invitational... Earned All-Big 12 honors in the Pent, placing fourth overall, helping the Cowgirls secure their first-ever conference track & field title.

2022 Outdoors
After opening her freshman outdoor campaign with some individual events, including her personal-best Javelin Throw of 42.57 meters. She put it all together for the prestigious Jim Click Shootout, where she set the school record at the time in the Heptathlon with a score of 5,543 points... She came back for the Big 12 Championships, where she shattered her personal best in the Heptathlon with 5,770 points, giving her a fourth-place finish overall and her second career All-Big 12 honor... Her score at Big 12s also qualified her for the NCAA Championships in the Heptathlon, becoming the first Cowgirl (alongside teammate Bailey Golden) to qualify as a multi-event athlete to the NCAA Outdoor Championships... At the NCAA Championships, she earned honorable mention All-America honors with her 20th-place in just her true freshman season.

2022 Indoors
Her addition to the Cowgirl Multi-Events group solidified their place as a rising national power... After competing in individual events at two meets to open the season, Vaitaityte competed in her first career Pentathlon for OSU, finishing fifth at the Razorback Invitational with a score of 4,028 points, which put her third on the program's all-time list behind teammates Bailey Golden and Maddie Meiner... She returned for her second Pentathlon at the Big 12 Championships, where she cemented herself amongst the conference's best with a third-place finish, scoring 3,969 points to wrap up her season.

High School
Attended Vilnius Zirmunai Gymnasium in Vilnius, Lithuania... Competed in the heptathlon and pentathlon.

Personal
Born March 10, 2002, in Birzai, Lithuania.... Daughter of Irena and Darius Vaitaityte... Majoring in General Studies.



OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Emma Wade

DIstance – Fr. I Fr. I Fr.
Cedar Park, Texas I Vista Ridge HS

OKLAHOMA STATE
CROSS COUNTRY AND TRACK & FIELD

Elyse Wilmes

Distance – Fr. | Fr. | Fr.
Columbia, Missouri I Father Tolton Catholic

High School
Attended Father Tolton Catholic High School in Columbia, Missouri... Was the 2024 New Balance Outdoor National Champion in the 800 Meters... A three-time state champion in the 800 Meters, two-time state champion in the 1,600 Meters and three-time 4x800 Meter Relay state champion... Was an individual state champion in cross country and a three-time team state champion on the grass.

Personal
Born in Columbia, Missouri, to parents Rebecca and Jared Wilmes... Has one brother: Garrett... Majoring in Business.

Olivija Vaitaityte

OPPONENTS

The Big 12 Conference - Strength and Success

The Big 12 enters its 30th year as one of the nation's premier conferences in college athletics under the leadership of Commissioner Brett Yormark. Since joining the Conference in August 2022, Yormark has elevated the Big 12 to new heights, emphasizing marketing, brand building and instilling an innovative strategy that has resonated across the college athletics landscape.

Starting Aug. 2, 2024, the Conference expanded to 16 universities spanning 10 states and four time zones. The Big 12 members include Arizona, Arizona State, Baylor, BYU, UCF, Cincinnati, Colorado, Houston, Iowa State, Kansas, Kansas State, Oklahoma State, TCU, Texas Tech, Utah and West Virginia. The Big 12 began play in 1996 and is the home of 91 team NCAA national championships, and 775 individual national champions.

The Big 12 Conference office is located in Irving, Texas.

2024 Big 12 Cross Country Championships

Nov. 1 | Waco, Texas | Cottonwood Creek Golf Course

1. BYU	41 points
2. West Virginia	60 points
3. Utah	86 points
4. Oklahoma State	**103 points**
5. Texas Tech	155 points
6. Colorado	165 points
7. Iowa State	171 points
8. Kansas	230 points
9. Arizona State	316 points
10. Kansas State	319 points
11. Cincinnati	320 points
12. UCF	350 points
13. Baylor	363 points
14. TCU	371 points
15. Houston	391 points
16. Arizona	463 points

All-Big 12: *Josphine Mwaura (14th), Sivan Auerbach (15th)*

2025 Big 12 Indoor Championships

Feb. 28- March 1 | Lubbock, Texas | Sports Performance Center

1. Texas Tech	113.5 points
2. BYU	72 points
3. Baylor	64 points
4. West Virginia	56 points
T5. Iowa State	55 points
T5. TCU	55 points
7. Arizona	52 points
8. Kansas State	43.5 points
T9. Cincinnati	40 points
T9. Oklahoma State	**40 points**
T11. Kansas	38 points
T11. UCF	38 points
13. Arizona State	31 points
14. Houston	20 points
15. Utah	13 points
16. Colorado	10 points

2025 Big 12 Outdoor Championships

May 15-17 | Lawrence, Kansas | Rock Chalk Park

1. Texas Tech	127 points
2. BYU	112.5 points
3. TCU	86 points
4. Baylor	84.5 points
5. Kansas	55.83 points
6. Oklahoma State	**52.5 points**
7. Cincinnati	48 points
8. Arizona	46 points
9. UCF	41 points
10. Kansas State	38.33 points
11. Utah	33 points
12. Iowa State	30 points
13. West Virginia	28.5 points
14. Houston	16.33 points
15. Arizona State	11 points
16. Colorado	8.5 points

Big 12 Champions: *Annie Molenhouse (Heptathlon)*

Opponent Capsules

ARIZONA WILDCATS

Home XC Course:	None
Home Indoor Track:	None
Home Outdoor Track:	Roy P. Drachman Stadium
Director of XCTF:	Andrew Dubs
SID Contact:	Randi Bohler
SID E-mail:	rbohler@arizona.edu

ARIZONA STATE SUN DEVILS

Home XC Course:	None
Home Indoor Track:	None
Home Outdoor Track:	Sun Angel Stadium
Director of XCTF:	Dion Miller
SID Contact:	Danny Sullivan
SID E-mail:	dbsulli2@asu.edu

BAYLOR BEARS

Home XC Course:	Cottonwood Creek Golf Course
Home Indoor Track:	None
Home Outdoor Track:	Clyde Hart Complex
Head Cross Country Coach	David Barnett
Head Track and Field Coach:	Michael Ford
SID Contact:	Jerry Hill
SID E-mail:	Jerry_Hill@baylor.edu

BYU COUGARS

Home XC Course:	None
Home Indoor Track:	Smith Fieldhouse
Home Outdoor Track:	Clarence F. Robison Track
Director of Track & Field:	Ed Eyestone
Women's SID Contact:	Halle Taylor
Men's SID Contact:	Ethan Tanner
SID E-mail:	track_sid@byu.edu

CINCINNATI BEARCATS

Home XC Course:	None
Home Indoor Track:	None
Home Outdoor Track:	Gettler Stadium
Director of XCTF:	Susan Seaton
SID Contact:	David Cohen
SID E-Mail:	david.cohen@mail.uc.edu

COLORADO BUFFALOES

Home XC Course:	Buffalo Run Cross Country Course
Home Indoor Track:	Balch Fieldhouse
Home Outdoor Track:	Potts Field
Director of XCTF:	Sean Carlson
SID Contact:	Herman Shelton
SID Email:	Herman.Shelton@colorado.edu

HOUSTON COUGARS

Home XC Course:	None
Home Indoor Track:	Yeoman Fieldhouse
Home Outdoor Track:	Carl Lewis Intl. Complex
Director of XCTF:	Will Blackburn
SID Contact:	Mayra Gurrusquieta
SID E-mail:	mlgurrus@cougarnet.uh.edu

IOWA STATE CYCLONES

Home XC Course:	ISU Cross Country Course
Home Indoor Track:	Lied Recreational Center
Home Outdoor Track:	Cyclone Sports Complex
Director of XCTF:	Jeremy Sudbury
XC SID Contact:	Sarah Duysen
SID Email:	sduysen1@iastate.edu
T&F SID Contact:	Abby Hansen
SID E-mail:	abbyh1@iastate.edu

KANSAS JAYHAWKS

Home XC Course:	Rim Rock Farm
Home Indoor Track:	Anschutz Sports Pavilion
Home Outdoor Track:	Rock Chalk Park
Head Coach:	Stanley Redwine
XC SID Contact:	Andy Eisch
SID Email:	aeisch@ku.edu

KANSAS STATE WILDCATS

Home XC Course:	None
Home Indoor Track:	Track & Field Indoor Complex
Home Outdoor Track:	R.V. Christian Track
Director of XCTF:	Travis Geopfert
SID Contact:	Kaitlyn Sanders
SID E-Mail:	ksanders@kstatesports.com

TCU HORNED FROGS

Home XC Course:	None
Home Indoor Track:	None
Home Outdoor Track:	Lowdon Track & Field Complex
Director of XCTF:	Khadevis Robinson
SID Contact:	Connor Allen
SID E-mail:	connor.allen@tcu.edu

UCF GOLDEN KNIGHTS

Home XC Course:	None
Home Indoor Track:	None
Home Outdoor Track:	UCF Soccer and T&F Complex
Head Coach:	Dana Boone
SID Contact:	Aiden Kocol
SID E-mail:	akocol@athletics.ucf.edu

Opponent Capsules

TEXAS TECH RED RAIDERS

Home XC Course:	Chaparral Ridge XC Course
Home Indoor Track:	Sports Performance Center
Home Outdoor Track:	Fuller Track and Field
Director of XCTF:	Wes Kittley
Head Cross Country Coach:	Jon Murray
SID Contact:	Chris Duarte
SID E-mail:	Chris.Duarte@ttu.edu

UTAH UTES

Home XC Course:	None
Home Indoor Track:	None
Home Outdoor Track:	McCarthey Family Track & Field Complex
Head XCTF Coach:	Kyle Kepler
SID Contact:	John Vu
SID Email:	JVu@huntsman.utah.edu

WEST VIRGINIA MOUNTAINEERS

Home XC Course:	None
Home Indoor Track:	None
Home Outdoor Track:	The Track & Field Complex at Mylan Park
Head Coach:	Sean Cleary
SID Contact:	Jaret Dyer
SID Email:	jaret.dyer@mail.wvu.edu

BIG 12 CONFERENCE

Home Office:	Irving, Texas
Commissioner:	Brett Yormark
SID Contact:	Adam Keyrouze
SID E-mail:	akeyrouze@big12sports.com

THE OKLAHOMA STATE TRACK & FIELD COMPLEX

OPENED - AUGUST 2013 | AREA - 20 ACRES | INVESTMENT - $9 MILLION

The Oklahoma State Track and Field Complex is one of the nation's most pristine facilities that gives the Cowboys and Cowgirls an edge.

Opened on Aug. 17, 2013, the state-of-the-art facility was built to precise specifications set by the National Collegiate Athletic Association (NCAA). The complex features a nine-lane 400-meter track with a steeplechase turnout; infield and adjacent areas for field events, including shot put, discus, hammer throw, pole vault, high jump, and long jump.

Multiple buildings on the complex are for use by teams and athletes, with natural seating areas for spectators and a surrounding landscape with drainage and retention areas.

The ammenities at the facility are among the best in the country, with locker rooms, bathrooms, a hydrotherapy pool and a student-athlete lounge that rival any in the country.

At a cost of approximately $9 million, the OSU Track and Field Complex was built on 20 acres of land on the northeast side of the Oklahoma State University campus.

The project was the latest in a long line of OSU Athletics Facility upgrades, which included the upgrade of Boone Pickens Stadium, the Cowboy and Cowgirl basketball locker rooms, the Sherman E. Smith Training Center, Michael & Anne Greenwood Tennis Center as well as Neal Patterson Stadium and O'Brate Stadium.

The OSU Track and Field Complex

SEASON REVIEW

Cowgirls Win Third Straight Midwest Regional Title and Finish 27th at NCAA Championships

2024 XC Highlights

• OSU won its sixth overall and third straight regional title, with four Cowgirls earning All-Region honors.
• The Cowgirls qualified for the NCAA Championships for the fifth straight season and the 17th time in program history.
•Two Cowgirls earned All-Big 12 honors as the OSU women took fourth at the conference meet.

ALL-BIG 12

Josphine Mwaura – 14th place
Sivan Auerbach – 15th place

ALL-REGION

Josphine Mwaura – 4th place
Victoria Lagat - 7th
Sivan Auerbach – 10th place
Colleen Stegmann - 13th place

The Cowgirls won the 2024 NCAA Midwest Regional meet for the third straight season to punch their ticket to the NCAA Championships.

Coming off back-to-back trophy seasons in 2022 and 2023, the first two in program history, the Cowgirls were reaching heights never seen in the program's history.

However, the loss of cross country All-Americans Taylor Roe (4x) and Molly Born (2x) and track & field All-Americans Gabby Hentemann and Gabija Galvydyte, the Cowgirls entered the 2024 season with plenty of fresh faces looking to fill the large shoes left behind.

The Cowgirls opened the 2024 season at the Cowboy Preview at the state-of-the-art Greiner Family OSU Cross Country Course, with the OSU women placing second behind No. 13 Arkansas. Sister duo Grace and Lauren Ping led the charge, taking home third and fourth place, respectively.

Up next for OSU was the 86th annual Cowboy Jamboree in Stillwater. The Cowgirls went toe-to-toe with No. 21 New Mexico, with the OSU women again taking home second, with Victoria Lagat finishing as the top Cowgirl scorer at third place overall.

Three weeks later, the Cowgirls split up, with one group racing at the Pre-National Invitational in Wisconsin and one group racing at the Weis-Crockett Invitational at home in Stillwater. At the Weis-Crockett Invitational, OSU defeated Oral Roberts with a perfect score of 15, with the Ping sisters, Madi Surber, Payton Hinkle and Kaylie Politza going 1-2-3-4-5 in the team score.

The main squad headed north to compete in the prestigious Pre-National Invitational, hosted every year by that year's NCAA Championship site to give competitors a chance to view the course.

In Wisconsin, the Cowgirls took on multiple top 25 squads, placing 12th as a team. Sivan Auerbach was OSU's top finisher as she placed 39th overall.

The Cowgirls kicked off postseason action at the Big 12 Cross Country Championships in Waco, Texas. Josphine Mwaura and Sivan Auerbach earned All-Big 12 honors as the placed 14th and 15th, respectively. Overall, the Cowgirls placed fourth as a team behind No. 1 BYU, No. 4 West Virginia and No. 6 Utah.

Following the Big 12 Championships, OSU headed up to Peoria, Ill., for the NCAA Midwest Regional meet at Bradley University.

OSU surged to its third straight regional title and sixth in program history with a 15-point victory over No. 23 Minnesota 61-76. Mwaura led the Cowgirls once again as she placed fourth. Three other Cowgirls earned All-Region honors as Lagat (7th), Auerbach (10th) and Colleen Stegmann (13th) each placed in the top 20 overall.

The Cowgirls returned to Wisconsin for the 2024 NCAA Cross Country Championships. OSU qualified for the national championships for the fifth straight season and the 17th time in program history thanks to their win at the NCAA Midwest Regional.

Overall, the OSU women placed 27th on a cold day in Madison, with Lagat leading the charge with her 72nd-place finish.

Heading into the 2025 season, the Cowgirls will welcome the return of 2023 All-American Billah Jepkirui, who redshirted the 2024 season. They will also add in freshman Isca Chelangat and Maureen Rutoh to potentially return to the podium in 2025.

2024 Women's Cross Country Results

2024 WOMEN'S RESULTS BY INDIVIDUAL

* = scored team points

KATIE ARMSTRONG

*16.	10:59.1	Cowboy Preview	Stillwater, Okla.	3K
37.	22:22.6	Cowboy Jamboree	Stillwater, Okla.	6K
11.	22:37.4	Weis-Crockett Invitational	Stillwater, Okla.	6K

SIVAN AUERBACH

*7.	21:01.4	Cowboy Jamboree	Stillwater, Okla.	6K
*39.	20:07.7	Wisconsin Pre-Nationals	Madison, Wis.	6K
*15.	20:03.2	Big 12 Championships	Waco, Texas	6K
*10.	20:04.9	NCAA Midwest Regional	Peoria, Ill.	6K
254.	23:00.1	NCAA Championships	Madison, Wisc.	6K

CAYDEN BRICKMAN

32.	11:25.4	Cowboy Preview	Stillwater, Okla.	3K
52.	22:55.4	Cowboy Jamboree	Stillwater, Okla.	6K

EMILY CARTER

32.	22:10.6	Cowboy Jamboree	Stillwater, Okla.	6K

CAYDEN DAWSON

23.	21:37.4	Cowboy Jamboree	Stillwater, Okla.	6K

PAYTON HINKLE

*5.	22:15.9	Weis-Crockett Invitational	Stillwater, Okla.	6K
79.	21:15.6	NCAA Midwest Regional	Peoria, Ill.	6K

VICTORIA LAGAT

*3.	20:37.2	Cowboy Jamboree	Stillwater, Okla.	6K
*88.	20:32.7	Wisconsin Pre-Nationals	Madison, Wis.	6K
*16.	20:04.1	Big 12 Championships	Waco, Texas	6K
*7.	20:02.0	NCAA Midwest Regional	Peoria, Ill.	6K
*72.	20:24.9	NCAA Championships	Madison, Wisc.	6K

LILLY LAVIER

15.	21:18.8	Cowboy Jamboree	Stillwater, Okla.	6K
139.	20:57.0	Wisconsin Pre-Nationals	Madison, Wis.	6K
43.	20:56.2	Big 12 Championships	Waco, Texas	6K
*27.	20:31.5	NCAA Midwest Regional	Peoria, Ill.	6K
*202	21:11.5	NCAA Championships	Madison, Wisc.	6K

EMMA LINDSEY

40.	12:05.0	Cowboy Preview	Stillwater, Okla.	3K
114.	24:49.0	Cowboy Jamboree	Stillwater, Okla.	6K
18.	23:48.7	Weis-Crockett Invitational	Stillwater, Okla.	6K

KAILEY LITTLEFIELD

**34.	11:29.9	Cowboy Preview	Stillwater, Okla.	3K
**76.	23:30.8	Cowboy Jamboree	Stillwater, Okla.	6K
**15.	23:16.7	Weis-Crockett Invitational	Stillwater, Okla.	6K

JINANE MAHI

*13.	21:14.9	Cowboy Jamboree	Stillwater, Okla.	6K
*121.	20:46.0	Wisconsin Pre-Nationals	Madison, Wis.	6K
*34.	20:37.9	Big 12 Championships	Waco, Texas	6K
231.	21:32.6	NCAA Championships	Madison, Wisc.	6K

CAMERON MCCONNELL

16.	21:25.7	Cowboy Jamboree	Stillwater, Okla.	6K
180.	21:12.3	Wisconsin Pre-Nationals	Madison, Wis.	6K
38.	20:49.0	Big 12 Championships	Waco, Texas	6K
*186.	21:05.2	NCAA Championships	Madison, Wisc.	6K

AUTUMN MICHALSKI

**5.	10:43.4	Cowboy Preview	Stillwater, Okla.	3K
**48.	22:47.8	Cowboy Jamboree	Stillwater, Okla.	6K
**4.	21:59.3	Weis-Crockett Invitational	Stillwater, Okla.	6K

JOSPHINE MWAURA

*10.	21:09.6	Cowboy Jamboree	Stillwater, Okla.	6K
*75.	20:27.7	Wisconsin Pre-Nationals	Madison, Wis.	6K
*14.	20:01.9	Big 12 Championships	Waco, Texas	6K
*4.	19:53.6	NCAA Midwest Regional	Peoria, Ill.	6K
*161.	20:52.4	NCAA Championships	Madison, Wisc.	6K

AUBREY O'CONNELL

42.	22:34.6	Cowboy Jamboree	Stillwater, Okla.	6K
13.	23:09.1	Weis-Crockett Invitational	Stillwater, Okla.	6K

ABBY PICKETT

37.	11:51.6	Cowboy Preview	Stillwater, Okla.	3K
63.	23:12.5	Cowboy Jamboree	Stillwater, Okla.	6K
17.	23:31.8	Weis-Crockett Invitational	Stillwater, Okla.	6K

GRACE PING

*3.	10:42.5	Cowboy Preview	Stillwater, Okla.	3K
29.	22:00.9	Cowboy Jamboree	Stillwater, Okla.	6K
*2.	21:46.0	Weis-Crockett Invitational	Stillwater, Okla.	6K
55.	21:14.10	Big 12 Championships	Waco, Texas	6K

LAUREN PING

*4.	10:42.7	Cowboy Preview	Stillwater, Okla.	3K
24.	21:39.8	Cowboy Jamboree	Stillwater, Okla.	6K
*1.	21:45.4	Weis-Crockett Invitational	Stillwater, Okla.	6K
42.	20:53.7	Big 12 Championships	Waco, Texas	6K
44.	20:49.0	NCAA Midwest Regional	Peoria, Ill.	6K

KAYLIE POLITZA

19.	11:00.8	Cowboy Preview	Stillwater, Okla.	3K
30.	22:02.0	Cowboy Jamboree	Stillwater, Okla.	6K
*6.	22:18.2	Weis-Crockett Invitational	Stillwater, Okla.	6K

KRYSTAL RODRIGUEZ

19.	21:29.1	Cowboy Jamboree	Stillwater, Okla.	6K

MANDEEP SANGHA

*18.	11:00.3	Cowboy Preview	Stillwater, Okla.	3K
28.	22:00.8	Cowboy Jamboree	Stillwater, Okla.	6K
8.	22:30.9	Weis-Crockett Invitational	Stillwater, Okla.	6K

KEVRIANA SCOTT

28.	11:18.1	Cowboy Preview	Stillwater, Okla.	3K
21.	22:07.1	Cowboy Jamboree	Stillwater, Okla.	6K
12.	22:42.6	Weis-Crockett Invitational	Stillwater, Okla.	6K

COLLEEN STEGMANN

*12.	21:13.3	Cowboy Jamboree	Stillwater, Okla.	6K
*91.	20:33.6	Wisconsin Pre-Nationals	Madison, Wis.	6K
*27.	20:25.6	Big 12 Championships	Waco, Texas	6K
*13.	20:15.9	NCAA Midwest Regional	Peoria, Ill.	6K
*134.	20:45.1	NCAA Championships	Madison, Wisc.	6K

MADI SURBER

*11.	10:50.8	Cowboy Preview	Stillwater, Okla.	3K
25.	21:56.3	Cowboy Jamboree	Stillwater, Okla.	6K
*3.	21:54.4	Weis-Crockett Invitational	Stillwater, Okla.	6K
44.	21:00.6	Big 12 Championships	Waco, Texas	6K

GENTRY TURNER

**7.	10:45.6	Cowboy Preview	Stillwater, Okla.	3K
**26.	21:57.2	Cowboy Jamboree	Stillwater, Okla.	6K
**7.	22:24.5	Weis-Crockett Invitational	Stillwater, Okla.	6K

Lilly Lavier, Jinane Mahi and Slvan Auerbach at the 2024 Big 12 Cross Country Championships.

2024 Women's Cross Country Results

2024 WOMEN'S TEAM RESULTS BY MEET

COWBOY PREVIEW
August 30, 2024 | Greiner Family OSU Cross Country Course | Stillwater, Oklahoma | 3K
1. No. 13 Arkansas (39)
2. No. 15 Oklahoma State (46)
3. Tulsa (60)

COWBOY JAMBOREE
September 28, 2024 | Greiner Family OSU Cross Country Course | Stillwater, Oklahoma | 6K
1. No. 21 New Mexico (34)
2. No. 16 Oklahoma State (40)
3. Lamar (76)

WEIS-CROCKETT INVITATIONAL
October 19, 2024 | Greiner Family OSU Cross Country Course | Stillwater, Oklahoma | 6K
1. No. 19 Oklahoma State (15)
2. Oral Roberts (48)
3. Nelson University (85)

WISCONSIN PRE-NATIONALS
October 19, 2024 | Zimmer Championship Course | Madison, Wisconsin | 6K
1. No. 2 BYU (105)
2. No. 3 Washington (157)
3. No. 1 Northern Arizona (166)
4. West Virginia (207)
12. No. 19 Oklahoma State (412)

BIG 12 CHAMPIONSHIPS
November 1, 2024 | Cottonwood Creek Golf Course | Waco, Texas | 6K
1. No. 1 BYU (41)
2. No. 4 West Virginia (60)
3. No. 6 Utah (86)
4. No. 18 Oklahoma State (103)

NCAA MIDWEST REGIONAL
November 15, 2024 | Detweiller Park | Peoria, Illinois | 6K
1. No. 19 Oklahoma State (61)
3. No. 23 Minnesota (76)
3. Northwestern (103)
4. Iowa State (139)
5. Nebraska (181)

NCAA CHAMPIONSHIPS
November 23, 2024 | Zimmer Championship Course | Madison, Wisconsin | 6K
1. No. 1 BYU (147)
2. No. 4 West Virginia (164)
3. No. 11 Providence (183)
4. No. 3 Northern Arizona (206)
27. No. 16 Oklahoma State (598)

* Scored Team Points
** Competed Unattached

Lauren Ping

Kaylie Politza Earns Second Team All-America Honors in 800 Meters; Three School Records Fall During Indoor Season

2025 Indoor Highlights

• Two school records fell during the 2024-25 season, with Jinah Micken-Malik in the 600 Yards and Emma Robbins in the Weight Throw.
• Kaylie Politza qualified for the NCAA Championships in the 800 Meters for the first time.
• Robbins broke the school record in the Weight Throw four separate times in her lone season as a Cowgirl.

ALL-AMERICAN

Second Team
Kaylie Politza - 800 Meters

ALL-BIG 12

Isis Grant - DMR
Madisyn Jackson - DMR
Jinah Mickens-Malik - 600 Yards
Annie Molenhouse - Pentathlon
Rachel Neaves - Weight Throw
Aubrey O'Connell - 1,000 Meters
Johnna Orange - Weight Throw
Kaylie Politza - 800 Meters
Emma Robbins - Weight Throw
Mandeep Sangha - Mile, DMR
Kevriana Scott - 1,000 Meters
Madi Surber - DMR

Following a 2024 season that was arguably the best in program history, including a program-record 27 points at the national meet, the Cowgirls entered the 2025 campaign needing to replace a lot of production on the track.

Program stalwarts Taylor Roe, Molly Born, Gabija Galvydyte, Bailey Golden and Billah Jepkirui (redshirt) left some big holes in the lineup needing to be filled.

The Cowgirls kicked off the 2025 season at the Sharon Colyear-Danville Season Opener in Boston, where Sivan Auerbach clocked the fifth-fastest Mile time in program history at 4:33.88 as she finished fourth overall in the meet.

Just over a month later at the Arkansas Invitational, Saara Hakanen opened her campaign by tying her own school record in the High Jump by clearing 1.80 meters. Kaylie Politza (1,000 Meters) and Maddie Meiner (60 Meter Hurdles) also won their respective events. Lauren Smith cleared 4.05 meters in the Pole Vault, moving her up to No. 2 on the program's all-time list behind Olympian Ariadni Adamopoulou.

The same weekend, Emma Robbins broke the school record in the Weight Throw for the first time at the Owen Hewett Invitational at Oklahoma with her winning toss of 21.37 meters.

Two weeks later, the Cowgirls traveled back to Arkansas for the Razorback Invitational, routinely one of the top meets during the NCAA indoor season. Politza took third against a loaded 800 Meter field with a personal best time of 2:03.47. Victoria Lagat also had a huge PR in the 3,000 Meters, clocking a time of 9:07.47, which moved her up to sixth on the all-time list.

Another group headed to Kansas State the same weekend, with Jinah Mickens-Malik leading the way as she won the 600 Yards with her time of 1:20.13. Annie Molenhouse also set a huge PR in the Pentathlon with her score of 4,084 points, good for fourth in program history in the event.

Two more weeks later, it was Arkansas once again on the schedule, this time for the Tyson Invitational. Colleen Stegmann (3,000 Meters) and Hakanen (High Jump) each picked up meet victories, with Hakanen again tying her own school record by clearing 1.80 meters. Robbins also broke the school record in the Weight Throw for the second time as she tossed 21.51 meters for a runner-up finish.

The Cowgirls began postseason action at the Big 12 Indoor Championships in Lubbock, Texas. On the first day of action, Robbins kicked things off by breaking the Weight Throw school record for the third and fourth times, finishing second overall despite breaking the previous meet record. In the same event, Johnna Orange (4th) and Rachel Neaves (7th) also picked up All-Big 12 honors that put the Cowgirls on the board early. Molenhouse picked up All-Big 12 honors in the Pentathlon as she finished fifth overall with 3,989 points. On the track, Politza would solo her way to a massive PR in the 800 Meters, clocking a time of 2:02.21 at altitude to punch her ticket to the national championships with a slight time conversion. She would go on to earn All-Big 12 honors the next day. Mickens-Malik qualified as the second-fastest runner in the prelims of the 600 Yards before breaking the school record in the event with her time of 1:19.25 in the final, good enough for a second-place finish in the event. Aubrey O'Connell (1,000 Meters), Kevriana Scott (1,000 Meters) and Mandeep Sangha (Mile) would also earn All-Big 12 honors in their respective events as the Cowgirls placed ninth overall with 40 points as a team.

Politza was the lone Cowgirl qualifier at the NCAA Indoor Championships, where she would earn second-team All-America honors, clocking a time of 2:02.69 in the 800 Meters.

2025 Women's Indoor Results

2025 INDOOR RESULTS BY MEET

SHARON COLYEAR-DANVILLE SEASON OPENER

Dec. 7, 2024 | BU Track & Tennis Center | Boston, Massachusetts

Pl.	Athlete	Event	Mark
6.	Madi Surber	800 Meters	2:06.72
4.	Sivan Auerbach	Mile	4:33.88
13.	Kaylie Politza	Mile	4:41.79

ARKANSAS INVITATIONAL

Jan. 17, 2025 | Randal Tyson Track Center | Fayetteville, Arkansas

Pl.	Athlete	Event	Mark
6.	Jinah Mickens-Malik	400 Meters	55.04
5.	Kaylie Politza	600 Meters	1:31.08
8.	Kalen Goodman	600 Meters	1:32.84
9.	Ansley Scott	600 Meters	1:33.26
13.	Kailey Littlefield	600 Meters	1:36.74
14.	Madi Surber	600 Meters	1:37.02
15.	Brilee Payne	600 Meters	1:38.15
7.	Lilly Lavier	800 Meters	2:13.51
9.	Krystal Rodriguez	800 Meters	2:14.58
10.	Cameron McConnell	800 Meters	2:15.03
12.	Kevriana Scott	800 Meters	2:15.41
18.	Payton Hinkle	800 Meters	2:17.39
24.	Lauren Ping	800 Meters	2:19.65
1.	Kaylie Politza	1,000 Meters	2:45.67
4.	Madi Surber	1,000 Meters	2:49.18
5.	Lilly Lavier	1,000 Meters	2:49.25
7.	Mandeep Sangha	1,000 Meters	2:50.91
12.	Aubrey O'Connell	1,000 Meters	2:54.16
13.	Krystal Rodriguez	1,000 Meters	2:54.88
14.	Kevriana Scott	1,000 Meters	2:54.96
15.	Cameron McConnell	1,000 Meters	2:55.57
16.	Payton Hinkle	1,000 Meters	2:56.81
17.	Lauren Ping	1,000 Meters	2:58.19
6.	Josphine Mwaura	Mile	4:53.98
8.	Victoria Lagat	Mile	4:54.47
10.	Gentry Turner	Mile	4:54.94
13.	Autumn Michalski	Mile	4:57.70
17.	Jinane Mahi	Mile	5:01.10
18.	Grace Ping	Mile	5:02.31
26.	Katie Armstong	Mile	5:08.75
33.	Emma Lindsey	Mile	5:17.85
18.	Katie Armstong	3,000 Meters	10:15.82
25.	Cayden Brickman	3,000 Meters	10:38.83
27.	Abby Pickett	3,000 Meters	10:42.85
1.	Maddie Meiner	60 Meter Hurdles	8.77
3.	Annie Molenhouse	60 Meter Hurdles	8.87
4.	Kessiah Bemis	60 Meter Hurdles	8.93
4.	J. Mickens-Malik, K. Politza M. Surber, K. Littlefield	4x400 Meter Relay	3:47.28
11.	L. Lavier, A. O'Connell C. McConnell, K. Scott	4x400 Meter Relay	3:54.72
13.	K. Bemis, K, Chapman A. Molenhouse, M. Meiner	4x400 Meter Relay	3:58.89
1.	Saara Hakanen	High Jump	1.80m
4.	Kileigh Mixon	High Jump	1.70m
11.	Annie Molenhouse	High Jump	1.60m
5.	Kessiah Bemis	Long Jump	5.91m
7.	India Morgan	Long Jump	5.78m
17.	Maddie Meiner	Long Jump	5.46m
22.	Katie Chapman	Long Jump	5.31m
26.	Kinidi Taylor	Long Jump	4.82m
3.	Lauren Smith	Pole Vault	4.05m
11.	Sarah Stair	Pole Vault	3.60m
12.	Brooke Bayles	Pole Vault	3.45m

OWEN HEWETT INVITATIONAL

Jan. 17, 2025 | Mosier Indoor Track Facility | Norman, Oklahoma

Pl.	Athlete	Event	Mark
1.	Emma Robbins	Weight Throw	21.37m
4.	Rachel Neaves	Weight Throw	18.47m
5.	Johnna Orange	Weight Throw	18.31m
2.	Sutton Howard	Weight Throw Open	15.33m

RAZORBACK INVITATIONAL

Jan. 31-Feb. 1, 2025 | Randal Tyson Track Center | Fayetteville, Arkansas

Pl.	Athlete	Event	Mark
28.	Kailey Littlefield	400 Meters	58.17
3.	Kaylie Politza	800 Meters	2:03.47
9.	Lilly Lavier	800 Meters	2:08.23
12.	Madi Surber	800 Meters	2:09.19
15.	Mandeep Sangha	800 Meters	2:09.67
17.	Aubrey O'Connell	800 Meters	2:10.86
18.	Kailey Littlefield	800 Meters	2:11.18
19.	Kevriana Scott	800 Meters	2:11.90
27.	Lauren Ping	800 Meters	2:14.09
9.	Sivan Auerbach	Mile	4:33.34
17.	Kaylie Politza	Mile	4:41.87
22.	Lilly Lavier	Mile	4:47.60
23.	Mandeep Sangha	Mile	4:48.35
31.	Madi Surber	Mile	4:50.48
33.	Maureen Rutoh	Mile	4:51.41
36.	Aubrey O'Connell	Mile	4:52.26
38.	Lauren Ping	Mile	4:52.97
39.	Jinane Mahi	Mile	4:53.14
40.	Krystal Rodriguez	Mile	4:53.76
46.	Kevriana Scott	Mile	4:57.08
48.	Colleen Stegmann	Mile	4:58.28
56.	Cayden Brickman	Mile	5:08.49
57.	Cayden Dawson	Mile	5:12.90
58.	Emma Lindsey	Mile	5:21.86
59.	Abby Pickett	Mile	5:26.00
4.	Victoria Lagat	3,000 Meters	9:07.47
11.	Josphine Mwaura	3,000 Meters	9:25.06
21.	Gentry Turner	3,000 Meters	9:36.87
27.	Payton Hinkle	3,000 Meters	9:42.53
30.	Grace Ping	3,000 Meters	9:45.11
33.	Autumn Michalski	3,000 Meters	9:51.33
35.	Katie Armstrong	3,000 Meters	9:51.96
12.	L. Lavier, K. Politza K. Littlefield, M. Surber	4x400 Meter Relay	3:48.62
13.	A. O'Connell, M. Sangha K. Scott, K. Rodriguez	4x400 Meter Relay	3:59.39

DELOSS DODDS INVITATIONAL

Jan. 31-Feb. 1, 2025 | Cliff Rovelto Indoor Track | Manhattan, Kansas

Pl.	Athlete	Event	Mark
10.	Lilly Ray	60 Meters Prelims	7.72
14.	Bailey Strain	60 Meters Prelims	7.78
1.	Jinah Mickens-Malik	600 Yards	1:20.13
2.	Kalen Goodman	600 Yards	1:21.32
3.	Ansley Scott	600 Yards	1:21.67
4.	Isis Grant	600 Yards	1:22.07
8.	Makki Hart	600 Yards	1:25.16
9.	Brilee Payne	600 Yards	1:25.17
10.	Madisyn Jackson	600 Yards	1:25.99
2.	Saara Hakanen	High Jump	1.76m
6.	Kileigh Mixon	High Jump	1.66m
-.	Annalee Gardner	Pole Vault	NH
-.	Lauren Smith	Pole Vault	NH
-.	Sarah Stair	Pole Vault	NH
-.	Katie Wrona	Pole Vault	NH
-.	Brooke Bayles	Pole Vault	NH
9.	India Morgan	Long Jump	5.76m
15.	Sara Byers	Long Jump	5.36m
17.	Kinidi Taylor	Long Jump	5.05m
3.	Saara Hakanen	Triple Jump	12.15m
5.	M. Hart, M. Jackson	4x400 Meter Relay	3:49.55

2025 Women's Indoor Results

	M. Frederick, B. Payne		
6.	J. Mickens-Malik, A. Scott K. Goodman, I. Grant	4x400 Meter Relay	4:13.97
7.	Annie Molenhouse	Pentathlon	4,084 points
		9. 60 Meter Hurdles	8.67
		9. High Jump	1.67m
		8. Shot Put	12.51m
		12. Long Jump	5.60m
		5. 800 Meters	2:17.20
14.	Katie Chapman	Pentathlon	3,678 points
		12. 60 Meter Hurdles	8.76
		11. High Jump	1.64m
		10. Shot Put	11.94m
		17. Long Jump	5.36m
		21. 800 Meters	2:36.23
17.	Kessiah Bemis	Pentathlon	3,532 points
		15. 60 Meter Hurdles	8.82
		17. High Jump	1.55m
		21. Shot Put	8.58m
		13. Long Jump	5.51m
		11. 800 Meters	2:24.33
20.	Maddie Meiner	Pentathlon	3,109 points
		7. 60 Meter Hurdles	8.66
		-. High Jump	NH
		6. Shot Put	12.86m
		15. Long Jump	5.39m
		13. 800 Meters	2:26.19

JD MARTIN INVITATIONAL

Jan. 31, 2025 | Mosier Indoor Track Facility | Norman, Oklahoma

Pl.	Athlete	Event	Mark
2.	Emma Robbins	Weight Throw	20.20m
4.	Johnna Orange	Weight Throw	19.18m
5.	Rachel Neaves	Weight Throw	17.90m
11.	Sutton Howard	Weight Throw	15.07m

STEVE MILLER INVITATIONAL

Feb. 7, 2025 | Cliff Rovelto Indoor Track | Manhattan, Kansas

Pl.	Athlete	Event	Mark
10.	Lilly Ray	60 Meters Prelims	7.67
15.	Bailey Strain	60 Meters Prelims	7.81
7.	Madisyn Jackson	400 Meters Invitational	58.28
8.	Marlie Frederick	400 Meters	58.97
2.	Kalen Goodman	600 Yards	1:21.97
3.	Ansley Scott	600 Yards	1:22.54
5.	Makki Hart	600 Yards	1:22.84
6.	Isis Grant	600 Yards	1:23.07
9.	Brilee Payne	600 Yards	1:26.09
1.	Kailey Littlefield	1,000 Meters	2:53.97
6.	Katie Chapman	60 Meter Hurdles Prel.	8.73
5.	Katie Chapman	60 Meter Hurdles	8.69
3.	Kileigh Mixon	High Jump	1.67m
12.	Lauren Smith	Pole Vault	3.77m
2.	India Morgan	Long Jump	5.81m
8.	Katie Chapman	Long Jump	5.54m
11.	Sara Byers	Long Jump	5.36m
14.	Kinidi Taylor	Long Jump	5.03m
1.	Emma Robbins	Weight Throw	20.50m
6.	Johnna Orange	Weight Throw	18.84m
9.	Rachel Neaves	Weight Throw	17.80m
-.	Sutton Howard	Weight Throw	NM
1.	A. Scott, M. Hart K. Goodman, M. Jackson	4x400 Meter Relay	3:42.12
6.	B. Payne, I. Grant K. Littlefield, M. Frederick	4x400 Meter Relay	3:53.11

DAVID HEMERY VALENTINE INVITATIONAL

Feb. 14-15, 2025 | BU Track & Tennis Center | Boston, Massachusetts

Pl.	Athlete	Event	Mark
12.	Kaylie Politza	800 Meters	2:04.24
44.	Victoria Lagat	5,000 Meters	16:12.11

TYSON INVITATIONAL

Feb. 14-15, 2025 | Randal Tyson Track Center | Fayetteville, Arkansas

Pl.	Athlete	Event	Mark
40.	Kessiah Bemis	200 Meters	24.58
3.	Ansley Scott	400 Meters	54.28
29.	Isis Grant	400 Meters	56.39
30.	Madisyn Jackson	400 Meters	56.43
47.	Makki Hart	400 Meters	57.78
2.	Kailey Littlefield	800 Meters	2:09.18
5.	Kevriana Scott	800 Meters	2:10.52
17.	Kalen Goodman	800 Meters	2:13.67
12.	Madi Surber	800 Meters Inv.	2:07.24
17.	Jinah Mickens-Malik	800 Meters Inv.	2:08.64
27.	Isis Grant	800 Meters Inv.	2:12.69
9.	Lilly Lavier	Mile	4:44.34
11.	Aubrey O'Connell	Mile	4:46.04
12.	Mandeep Sangha	Mile	4:47.20
13.	Lauren Ping	Mile	4:47.21
18.	Josphine Mwaura	Mile	4:49.72
21.	Payton Hinkle	Mile	4:50.37
23.	Maureen Rutoh	Mile	4:52.17
27.	Gentry Turner	Mile	4:54.22
34.	Colleen Stegmann	Mile	4:57.83
35.	Autumn Michalski	Mile	4:58.00
37.	Jinane Mahi	Mile	4:58.45
16.	Payton Hinkle	3,000 Meters Inv.	9:44.21
22.	Maureen Rutoh	3,000 Meters Inv.	9:46.37
23.	Grace Ping	3,000 Meters Inv.	9:46.69
26.	Krystal Rodriguez	3,000 Meters Inv.	9:51.48
30.	Jinane Mahi	3,000 Meters Inv.	10:05.66
1.	Colleen Stegmann	3,000 Meters	9:39.17
3.	Autumn Michalski	3,000 Meters	9:41.33
8.	Annie Molenhouse	60 Meter Hurdles	8.74
10.	Katie Chapman	60 Meter Hurdles	8.74
14.	Maddie Meiner	60 Meter Hurdles	8.80
1.	Saara Hakanen	High Jump	1.80m
11.	Annie Molenhouse	High Jump	1.65m
-.	Katie Chapman	High Jump	NH
-.	Maddie Meiner	High Jump	NH
2.	Lauren Smith	Pole Vault	4.09m
30.	Kessiah Bemis	Long Jump	5.66m
33.	Maddie Meiner	Shot Put	12.63m
2.	Emma Robbins	Weight Throw	21.51m
7.	Johnna Orange	Weight Throw	20.23m
27.	Rachel Neaves	Weight Throw	15.85m
8.	A. Scott, M. Jackson J. Mickens-Malik, A. Molenhouse	4x400 Meter Relay	3:37.68
19.	K. Bemis, K. Littlefield I. Grant, M. Surber	4x400 Meter Relay	3:47.23

ARKANSAS QUALIFIER

Feb. 21, 2025 | Randal Tyson Track Center | Fayetteville, Arkansas

Pl.	Athlete	Event	Mark
16.	Lilly Ray	60 Meter Hurdles	7.75
24.	Bailey Strain	60 Meter Hurdles	7.88
10.	Jinah Mickens-Malik	400 Meters	54.55
26.	Marlie Frederick	400 Meters	59.03
4.	Kaylie Politza	800 Meters	2:03.95
8.	Madi Surber	800 Meters	2:05.50
9.	Lilly Lavier	800 Meters	2:07.37
14.	Isis Grant	800 Meters	2:09.74
22.	Ansley Scott	800 Meters	2:15.76
28.	Brilee Payne	800 Meters	2:19.52
-.	Kalen Goodman	800 Meters	NT
2.	Mandeep Sangha	Mile	4:42.38
7.	Maureen Rutoh	Mile	4:54.74
8.	Kevriana Scott	Mile	4:54.93
9.	Jinane Mahi	Mile	4:54.99
12.	Krystal Rodriguez	Mile	4:56.30

2025 Women's Indoor Results

15.	Cayden Brickman	Mile	5:01.80
22.	Abby Pickett	Mile	5:11.03
24.	Emma Lindsey	Mile	5:12.79
-.	Kailey Littlefield	Mile	NT
3.	Grace Ping	3,000 Meters	9:35.52
10.	Katie Armstrong	3,000 Meters	10:09.23
7.	Katie Chapman	60 Meter Hurdles Prel.	8.66
10.	Maddie Meiner	60 Meter Hurdles Prel.	8.76
12.	Annie Molenhouse	60 Meter Hurdles Prel.	8.94
13.	Kessiah Bemis	60 Meter Hurdles Prel.	8.96
7.	Katie Chapman	60 Meter Hurdles	8.75
2.	Kileigh Mixon	High Jump	1.68m
-.	Maddie Meiner	High Jump	NH
22.	Annalee Gardner	Pole Vault	3.70m
-.	Michaella Atteberry	Pole Vault	NH
-.	Lauren Smith	Pole Vault	NH
-.	Brooke Bayles	Pole Vault	NH
-.	Sarah Stair	Pole Vault	NH
2.	Kessiah Bemis	Long Jump	5.86m
6.	India Morgan	Long Jump	5.66m
7.	Katie Chapman	Long Jump	5.57m
11.	Annie Molenhouse	Long Jump	5.48m
13.	Sara Byers	Long Jump	5.36m
6.	Sutton Howard	Weight Throw	15.68m
1.	M. Hart, K. Politza I. Grant, J. Mickens-Malik	4x400 Meter Relay	3:42.00
4.	M. Surber, L. Lavier B. Payne, L. Ray	4x400 Meter Relay	3:51.84

BIG 12 INDOOR CHAMPIONSHIP

Feb. 28-March 1, 2025 | Sports Performance Center | Lubbock, Texas

Pl.	Athlete	Event	Mark
5.	Annie Molenhouse	Pentathlon	3,989 points
		8. 60 Meter Hurdles	8.65
		9. High Jump	1.66m
		3. Shot Put	12.10m
		14. Long Jump	5.38m
		6. 800 Meters	2:16.88
17.	Katie Chapman	Pentathlon	3,498 points
		4. 60 Meter Hurdles	8.57
		20. High Jump	1.54m
		6. Shot Put	11.45m
		8. Long Jump	5.52m
		19. 800 Meters	2:46.63
32.	Madisyn Jackson	400 Meters Prel.	56.54
2.	Jinah Mickens-Malik	600 Yards Prel.	1:19.82
9.	Isis Grant	600 Yards Prel.	1:20.55
11.	Ansley Scott	600 Yards Prel.	1:21.48
13.	Kalen Goodman	600 Yards Prel.	1:22.16
16.	Makki Hart	600 Yards Prel.	1:22.61
2.	Jinah Mickens-Malik	600 Yards	1:19.25
1.	Kaylie Politza	800 Meters Prel.	2:02.21
10.	Madi Surber	800 Meters Prel.	2:08.69
13.	Kailey Littlefield	800 Meters Prel.	2:16.07
4.	Kaylie Politza	800 Meters	2:03.45
5.	Aubrey O'Connell	1,000 Meters Prel.	2:51.01
8.	Kevriana Scott	1,000 Meters Prel.	2:51.00
6.	Kevriana Scott	1,000 Meters	2:51.87
8.	Aubrey O'Connell	1,000 Meters	2:53.69
8.	Mandeep Sangha	Mile Prel.	4:44.35
9.	Lilly Lavier	Mile Prel.	4:46.38
13.	Lauren Ping	Mile Prel.	4:50.66
8.	Mandeep Sangha	Mile	4:46.38
9.	Lilly Lavier	Mile	4:46.59
9.	Josphine Mwaura	3,000 Meters	9:33.51
14.	Lauren Ping	3,000 Meters	9:39.45
22.	Grace Ping	3,000 Meters	9:43.52
25.	Madi Surber	3,000 Meters	9:45.53
28.	Victoria Lagat	3,000 Meters	9:48.16
35.	Colleen Stegmann	3,000 Meters	9:56.19
10.	Victoria Lagat	5,000 Meters	16:35.05
11.	Saara Hakanen	High Jump	1.73m
13.	Lauren Smith	Pole Vault	4.01m
2.	Emma Robbins	Weight Throw	21.65m
4.	Johnna Orange	Weight Throw	20.42m
7	Rachel Neaves	Weight Throw	19.16m
6.	M. Surber, M. Jackson I. Grant, M. Sangha	DMR	11:23.41
11.	A. Scott, J. Mickens-Malik K. Politza, A. Molenhouse	4x400 Meter Relay	3:38.28

Team Scores

1. Texas Tech (113.5)... 2. BYU (72)... 3. Baylor (64)... 4. West Virginia (56)... ***T9. Oklahoma State (40)***

NCAA INDOOR CHAMPIONSHIP

March 8-9, 2024 | the TRACK at New Balance | Boston, Massachusetts

Pl.	Athlete	Event	Mark
13.	Kaylie Politza	800 Meters Prel.	2:02.69

Team Scores

1. Oregon (55)... 2. Georgia (39)... 3. USC (35)... 4. Arkansas (31)... ***T62. Oklahoma State (0)***

2025 Women's Indoor Results

2025 INDOOR RESULTS BY INDIVIDUAL

KATIE ARMSTRONG

26.	Mile	5:08.75	1/17/25	Arkansas Invitational
18.	3,000 Meters	10:15.82	1/17/25	Arkansas Invitational
35.	3,000 Meters	9:51.96	1/31/25	Razorback Invitational
10.	3,000 Meters	10:09.23	2/21/25	Arkansas Qualifier

SIVAN AUERBACH

4.	Mile	4:33.88	12/7/24	Sharon Colyear-Danville Season Opener
9.	Mile	4:33.34	2/1/25	Razorback Invitational

BROOKE BAYLES

12.	Pole Vault	3.45m	1/17/25	Arkansas Invitational
-.	Pole Vault	NH	1/31/25	DeLoss Dodds Invitational

KESSIAH BEMIS

4.	60 MH	8.93	1/17/25	Arkansas Invitational
5.	Long Jump	5.91m	1/17/25	Arkansas Invitational
13.	4x400 Relay	3:58.89	1/17/25	Arkansas Invitational
17.	Pentathlon	3,532 Points	1/31/25	DeLoss Dodds Invitational
	15. 60 MH	8.82		
	17. High Jump	1.55m		
	21. Shot Put	8.58m		
	13. Long Jump	5.51m		
	11. 800 Meters	2:24.33		
40.	200 Meters	24.58	2/14/25	Tyson Invitational
30.	Long Jump	5.66m	2/14/25	Tyson Invitational
19.	4x400 Relay	3:47.23	2/14/25	Tyson Invitational
13.	60 MH (P)	8.96	2/21/25	Arkansas Qualifier
2.	Long Jump	5.86m	2/21/25	Arkansas Qualifier

CAYDEN BRICKMAN

25.	3,000 Meters	10:38.83	1/17/25	Arkansas Invitational
56.	Mile	5:08.49	2/1/25	Razorback Invitational
15.	Mile	5:01.80	2/21/25	Arkansas Qualifier

SARA BYERS

15.	Long Jump	5.36m	1/31/25	DeLoss Dodds Invitational
11.	Long Jump	5.36m	2/7/25	Steve Miller Invitational
13.	Long Jump	5.36m	2/21/25	Arkansas Qualifier

KATIE CHAPMAN

5.	Long Jump	5.31m	1/17/25	Arkansas Invitational
13.	4x400 Relay	3:58.89	1/17/25	Arkansas Invitational
14.	Pentathlon	3,678 Points	1/31/25	DeLoss Dodds Invitational
	12. 60 MH	8.76		
	11. High Jump	1.64m		
	10. Shot Put	11.94m		
	17. Long Jump	5.36m		
	21. 800 Meters	2:36.23		
6.	60 MH (P)	8.73	2/7/25	Steve Miller Invitational
5.	60 MH	8.69	2/7/25	Steve Miller Invitational
8.	Long Jump	5.54m	2/7/25	Steve Miller Invitational
10.	60 MH	8.74	2/14/25	Tyson Invitational
7.	60 MH (P)	8.66	2/21/25	Arkansas Qualifier
7.	60 MH	8.75	2/21/25	Arkansas Qualifier
7.	Long Jump	5.57m	2/21/25	Arkansas Qualifier
17.	Pentathlon	3,498 Points	2/28/25	Big 12 Championships
	4. 60 MH	8.57		
	20. High Jump	1.54m		
	6. Shot Put	11.45m		
	8. Long Jump	5.52m		
	19. 800 Meters	2:46.63		

CAYDEN DAWSON

57.	Mile	5:12.90	2/1/25	Razorback Invitational

MARLIE FREDERICK

5.	4x400 Relay	3:49.55	2/1/25	DeLoss Dodds Invitational
8.	400 Meters	58.97	2/7/25	Steve Miller Invitational
6.	4x400 Relay	3:53.11	2/7/25	Steve Miller Invitational
26.	400 Meters	59.03	2/21/25	Arkansas Qualifier

ANNALEE GARDNER

-.	Pole Vault	NH	1/31/25	DeLoss Dodds Invitational
22.	Pole Vault	3.70m	2/21/25	Arkansas Qualifier

KALEN GOODMAN

8.	600 Meters	1:32.84	1/17/25	Arkansas Invitational
2.	600 Yards	1:21.32	1/31/25	DeLoss Dodds Invitational
6.	4x400 Relay	4:13.87	2/1/25	DeLoss Dodds Invitational
2.	600 Yards	1:21.97	2/7/25	Steve Miller Invitational
1.	4x400 Relay	3:42.12	2/7/25	Steve Miller Invitational
17.	800 Meters	2:13.67	2/14/25	Tyson Invitational
13.	600 Yards (P)	1:22.16	2/28/25	Big 12 Championships

ISIS GRANT

4.	600 Yards	1:22.07	1/31/25	DeLoss Dodds Invitational
6.	4x400 Relay	4:13.87	2/1/25	DeLoss Dodds Invitational
6.	600 Yards	1:23.07	2/7/25	Steve Miller Invitational
6.	4x400 Relay	3:53.11	2/7/25	Steve Miller Invitational
29.	400 Meters	56.39	2/14/25	Tyson Invitational
27.	800 Meters Invite	2:12.69	2/14/25	Tyson Invitational
19.	4x400 Relay	3:47.23	2/14/25	Tyson Invitational
14.	800 Meters	2:09.74	2/21/25	Arkansas Qualifier
1.	4x400 Relay	3:42.00	2/21/25	Arkansas Qualifier
9.	600 Yards (P)	1:20.55	2/28/25	Big 12 Championships
6.	DMR	11:23.41	2/28/25	Big 12 Championships

SAARA HAKANEN

1.	High Jump	1.80m	1/17/25	Arkansas Invitational
2.	High Jump	1.76m	1/31/25	DeLoss Dodds Invitational
3.	Triple Jump	12.15m	2/1/25	DeLoss Dodds Invitational
1.	High Jump	1.80m	2/14/25	Tyson Invitational
11.	High Jump	1.73m	2/28/25	Big 12 Championships

MAKKI HART

8.	600 Yards	1:25.16	1/31/25	DeLoss Dodds Invitational
5.	4x400 Relay	3:49.55	2/1/25	DeLoss Dodds Invitational
5.	600 Yards	1:22.84	2/7/25	Steve Miller Invitational
1.	4x400 Relay	3:42.12	2/7/25	Steve Miller Invitational
47.	400 Meters	57.78	2/14/25	Tyson Invitational
1.	4x400 Relay	3:42.00	2/21/25	Arkansas Qualifier
16.	600 Yards (P)	1:22.61	2/28/25	Big 12 Championships

PAYTON HINKLE

18.	800 Meters	2:17.39	1/17/25	Arkansas Invitational
16.	1,000 Meters	2:56.81	1/17/25	Arkansas Invitational
27.	3,000 Meters	9:42.53	1/31/25	Razorback Invitational
21.	Mile	4:50.37	2/14/25	Tyson Invitational
16.	3,000 Meters Invite	9:44.21	2/14/25	Tyson Invitational

SUTTON HOWARD

2.	Weight Throw Open	15.33m	1/17/25	Owen Hewett Invitational
11.	Weight Throw	15.07m	1/31/25	JD Martin Invitational
6.	Weight Throw	15.68m	2/21/25	Arkansas Qualifier

MADISYN JACKSON

10..	600 Yards	1:25.99	1/31/25	DeLoss Dodds Invitational
5.	4x400 Relay	3:49.55	2/1/25	DeLoss Dodds Invitational
7.	400 Meters Invite	58.28	2/7/25	Steve Miller Invitational
1.	4x400 Relay	3:42.12	2/7/25	Steve Miller Invitational
30.	400 Meters	56.43	2/14/25	Tyson Invitational
8.	4x400 Relay	3:37.68	2/14/25	Tyson Invitational
32.	400 Meters (P)	56.54	2/28/25	Big 12 Championships
6.	DMR	11:23.41	2/28/25	Big 12 Championships

2025 Women's Indoor Results

VICTORIA LAGAT

8.	Mile	4:54.47	1/17/25	Arkansas Invitational
4.	3,000 Meters	9:07.47	1/31/25	Razorback Invitational
44.	5,000 Meters	16:12.11	2/14/25	BU Valentine Invitational
28.	3,000 Meters	9:48.16	2/28/25	Big 12 Championships
10.	5,000 Meters	16:35.05	2/28/25	Big 12 Championships

LILLY LAVIER

7.	800 Meters	2:13.51	1/17/25	Arkansas Invitational
5.	1,000 Meters	2:49.25	1/17/25	Arkansas Invitational
11.	4x400 Relay	3:54.72	1/17/25	Arkansas Invitational
9.	800 Meters	2:08.23	1/31/25	Razorback Invitational
22.	Mile	4:47.60	2/1/25	Razorback Invitational
9.	Mile	4:44.34	2/14/25	Tyson Invitational
9.	800 Meters	2:07.37	2/21/25	Arkansas Qualifier
4.	4x400 Relay	3:51.84	2/21/25	Arkansas Qualifier
9.	Mile (P)	4:46.38	2/28/25	Big 12 Championships
9.	Mile	4:46.59	3/1/25	Big 12 Championships

EMMA LINDSEY

33.	Mile	5:17.85	1/17/25	Arkansas Invitational
27.	3,000 Meters	10:42.85	1/17/25	Arkansas Invitational
58.	Mile	5:21.86	2/1/25	Razorback Invitational
24.	Mile	5:12.79	2/21/25	Arkansas Qualifier

KAILEY LITTLEFIELD

13.	600 Meters	1:36.74	1/17/25	Arkansas Invitational
4.	4x400 Relay	3:47.28	1/17/25	Arkansas Invitational
28.	400 Meters	58.17	1/31/25	Razorback Invitational
18.	800 Meters	2:11.18	1/31/25	Razorback Invitational
1.	1,000 Meters	2:53.97	2/7/25	Steve Miller Invitational
6.	4x400 Relay	3:53.11	2/7/25	Steve Miller Invitational
2.	800 Meters	2:09.18	2/14/25	Tyson Invitational
19.	4x400 Relay	3:47.23	2/14/25	Tyson Invitational
13.	800 Meters (P)	2:16.07	2/28/25	Big 12 Championships

JINANE MAHI

17.	Mile	5:01.10	1/17/25	Arkansas Invitational
39.	Mile	4:53.14	2/1/25	Razorback Invitational
37.	Mile	4:58.45	2/14/25	Tyson Invitational
30.	3,000 Meters Invite	10:05.66	2/14/25	Tyson Invitational
9.	Mile	4:54.99	2/21/25	Arkansas Qualifier

CAMERON MCCONNELL

10.	800 Meters	2:15.03	1/17/25	Arkansas Invitational
15.	1,000 Meters	2:55.57	1/17/25	Arkansas Invitational
11.	4x400 Relay	3:54.72	1/17/25	Arkansas Invitational

MADDIE MEINER

1.	60 MH	8.77	1/17/25	Arkansas Invitational
17.	Long Jump	5.46m	1/17/25	Arkansas Invitational
13.	4x400 Relay	3:58.89	1/17/25	Arkansas Invitational
20.	Pentathlon	3,109 Points	1/31/25	DeLoss Dodds Invitational
	7. 60 MH	8.866		
	-. High Jump	NH		
	6. Shot Put	12.86m		
	15. Long Jump	5.39m		
	13. 800 Meters	2:26.19		
14.	60 MH	8.80	2/14/25	Tyson Invitational
33.	Shot Put	12.63m	2/14/25	Tyson Invitational
10.	60 MH (P)	8.76	2/21/25	Arkansas Qualifier

AUTUMN MICHALSKI

13.	Mile	4:57.70	1/17/25	Arkansas Invitational
33.	3,000 Meters	9:51.33	1/31/25	Razorback Invitational
35.	Mile	4:58.00	2/14/25	Tyson Invitational
3.	3,000 Meters	9:41.33	2/14/25	Tyson Invitational

JINAH MICKENS-MALIK

6.	400 Meters	55.04	1/17/25	Arkansas Invitational
4.	4x400 Relay	3:47.28	1/17/25	Arkansas Invitational
1.	600 Yards	1:20.13	1/31/25	DeLoss Dodds Invitational
6.	4x400 Relay	4:13.87	2/1/25	DeLoss Dodds Invitational
17.	800 Meters Invite	2:08.64	2/14/25	Tyson Invitational
8.	4x400 Relay	3:37.68	2/14/25	Tyson Invitational
10.	400 Meters	54.55	2/21/25	Arkansas Qualifier
1.	4x400 Relay	3:42.00	2/21/25	Arkansas Qualifier
2.	600 Yards (P)	1:19.82	2/28/25	Big 12 Championships
2.	600 Yards	1:19.25	3/1/25	Big 12 Championships
11.	4x400 Relay	3:38.28	2/28/25	Big 12 Championships

KILEIGH MIXON

4.	High Jump	1.70m	1/17/25	Arkansas Invitational
6.	High Jump	1.66m	1/31/25	DeLoss Dodds Invitational
3.	High Jump	1.67m	2/7/25	Steve Miller Invitational
2.	High Jump	1.68m	2/21/25	Arkansas Qualifier

ANNIE MOLENHOUSE

3.	60 MH	8.87	1/17/25	Arkansas Invitational
11.	High Jump	1.60m	1/17/25	Arkansas Invitational
13.	4x400 Relay	3:58.89	1/17/25	Arkansas Invitational
7.	Pentathlon	4,084 Points	1/31/25	DeLoss Dodds Invitational
	9. 60 MH	8.67		
	9. High Jump	1.67m		
	8. Shot Put	12.51m		
	12. Long Jump	5.60m		
	5. 800 Meters	2:17.20		
8.	60 MH	8.74	2/14/25	Tyson Invitational
11.	High Jump	1.65m	2/14/25	Tyson Invitational
8.	4x400 Relay	3:37.68	2/14/25	Tyson Invitational
12.	60 MH (P)	8.94	2/21/25	Arkansas Qualifier
11.	Long Jump	5.48m	2/21/25	Arkansas Qualifier
11.	4x400 Relay	3:38.28	2/28/25	Big 12 Championships
5.	Pentathlon	3.989 Points	2/28/25	Big 12 Championships
	8. 60 MH	8.65		
	9. High Jump	1.66m		
	3. Shot Put	12.10m		
	14. Long Jump	5.38m		
	6. 800 Meters	2:16.88		

INDIA MORGAN

7.	Long Jump	5.78m	1/17/25	Arkansas Invitational
9.	Long Jump	5.76m	1/31/25	DeLoss Dodds Invitational
2.	Long Jump	5.81m	2/7/25	Steve Miller Invitational
6.	Long Jump	5.66m	2/21/25	Arkansas Qualifier

JOSPHINE MWAURA

6.	Mile	4:53.98	1/17/25	Arkansas Invitational
11.	3,000 Meters	9:25.06	1/31/25	Razorback Invitational
18.	Mile	4:49.72	2/14/25	Tyson Invitational
9.	3,000 Meters	9:33.51	2/28/25	Big 12 Championships

RACHEL NEAVES

4.	Weight Throw	18.47m	1/17/25	Owen Hewett Invitational
5.	Weight Throw	17.90m	1/31/25	JD Martin Invitational
9.	Weight Throw	17.80m	2/7/25	Steve Miller Invitational
27.	Weight Throw	15.85m	2/14/25	Tyson Invitational
7.	Weight Throw	19.16m	2/28/25	Big 12 Championships

AUBREY O'CONNELL

12.	1,000 Meters	2:54.16	1/17/25	Arkansas Invitational
11.	4x400 Relay	3:54.72	1/17/25	Arkansas Invitational
17.	800 Meters	2:10.86	1/31/25	Razorback Invitational
33.	Mile	4:52.26	2/1/25	Razorback Invitational
11.	Mile	4:46.04	2/14/25	Tyson Invitational
5.	1,000 Meters (P)	2:51.01	2/28/25	Big 12 Championships
8.	1,000 Meters	2:53.69	3/1/25	Big 12 Championships

2025 Women's Indoor Results

JOHNNA ORANGE

5.	Weight Throw	18.31m	1/17/25	Owen Hewett Invitational
4.	Weight Throw	19.18m	1/31/25	JD Martin Invitational
6.	Weight Throw	18.84m	2/7/25	Steve Miller Invitational
7.	Weight Throw	20.23m	2/14/25	Tyson Invitational
4.	Weight Throw	20.42m	2/28/25	Big 12 Championships

BRILEE PAYNE

15.	600 Meters	1:38.15	1/17/25	Arkansas Invitational
9.	600 Yards	1:25.17	1/31/25	DeLoss Dodds Invitational
5.	4x400 Relay	3:49.55	2/1/25	DeLoss Dodds Invitational
9.	600 Yards	1:26.09	2/7/25	Steve Miller Invitational
6.	4x400 Relay	3:53.11	2/7/25	Steve Miller Invitational
28.	400 Meters	2:19.52	2/21/25	Arkansas Qualifier
4.	4x400 Relay	3:51.84	2/21/25	Arkansas Qualifier

ABBY PICKETT

27.	3,000 Meters	10:42.85	1/17/25	Arkansas Invitational
59.	Mile	5:26.00	2/1/25	Razorback Invitational
22.	Mile	5:11.03	2/21/25	Arkansas Qualifier

GRACE PING

18.	Mile	5:02.31	1/17/25	Arkansas Invitational
30.	3,000 Meters	9:45.11	1/31/25	Razorback Invitational
23.	3,000 Meters Invite	9:46.69	2/14/25	Tyson Invitational
3.	3,000 Meters	9:35.52	2/21/25	Arkansas Qualifier
22.	3,000 Meters	9:43.52	2/28/25	Big 12 Championships

LAUREN PING

24.	800 Meters	2:19.65	1/17/25	Arkansas Invitational
17.	1,000 Meters	2:58.19	1/17/25	Arkansas Invitational
27.	800 Meters	2:14.09	1/31/25	Razorback Invitational
38.	Mile	4:52.97	2/1/25	Razorback Invitational
13.	Mile	4:47.21	2/14/25	Tyson Invitational
13.	Mile (P)	4:50.66	2/28/25	Big 12 Championships
14.	3,000 Meters	9:39.45	2/28/25	Big 12 Championships

KAYLIE POLITZA

13.	Mile	4:41.79	12/7/24	Sharon Colyear-Danville Season Opener
5.	600 Meters	1:31.08	1/17/25	Arkansas Invitational
1.	1,000 Meters	2:45.67	1/17/25	Arkansas Invitational
4.	4x400 Relay	3:47.28	1/17/25	Arkansas Invitational
3.	800 Meters	2:03.47	1/31/25	Razorback Invitational
17.	Mile	4:41.87	2/1/25	Razorback Invitational
12.	800 Meters	2:04.24	2/14/25	BU Valentine Invitational
4.	800 Meters	2:03.95	2/21/25	Arkansas Qualifier
1.	4x400 Relay	3:42.00	2/21/25	Arkansas Qualifier
1.	800 Meters (P)	2:02.21	2/28/25	Big 12 Championships
11.	4x400 Relay	3:38.28	2/28/25	Big 12 Championships
4.	800 Meters	2:03.45	3/1/25	Big 12 Championships
13.	800 Meters (P)	2:02.69	3/14/25	NCAA Championships

LILLY RAY

10.	60 Meters (P)	7.72	1/31/25	DeLoss Dodds Invitational
10.	60 Meters (P)	7.67	2/7/25	Steve Miller Invitational
16.	60 Meters (P)	7.75	2/21/25	Arkansas Qualifier
4.	4x400 Relay	3:51.84	2/21/25	Arkansas Qualifier

EMMA ROBBINS

1.	Weight Throw	21.37m	1/17/25	Owen Hewett Invitational
2.	Weight Throw	20.20m	1/31/25	JD Martin Invitational
1.	Weight Throw	20.50m	2/7/25	Steve Miller Invitational
2.	Weight Throw	21.51m	2/14/25	Tyson Invitational
2.	Weight Throw	21.65m	2/28/25	Big 12 Championships

KRYSTAL RODRIGUEZ

9.	800 Meters	2:14.58	1/17/25	Arkansas Invitational
13.	1,000 Meters	2:54.88	1/17/25	Arkansas Invitational
40.	Mile	4:53.76	2/1/25	Razorback Invitational
26.	3,000 Meters Invite	9:51.48	2/14/25	Tyson Invitational
12.	Mile	4:56.30	2/21/25	Arkansas Qualifier

MAUREEN RUTOH

33.	Mile	4:51.41	2/1/25	Razorback Invitational
23.	Mile	4:52.17	2/14/25	Tyson Invitational
22.	3,000 Meters Invite	9:46.37	2/14/25	Tyson Invitational
7.	Mile	4:54.74	2/21/25	Arkansas Qualifier

MANDEEP SANGHA

7.	1,000 Meters	2:50.91	1/17/25	Arkansas Invitational
15.	800 Meters	2:09.67	1/31/25	Razorback Invitational
23.	Mile	4:48.35	2/1/25	Razorback Invitational
12.	Mile	4:47.20	2/14/25	Tyson Invitational
2.	Mile	4:42.38	2/21/25	Arkansas Qualifier
8.	Mile (P)	4:44.35	2/28/25	Big 12 Championships
8.	Mile	4:46.38	3/1/25	Big 12 Championships
6.	DMR	11:23.41	2/28/25	Big 12 Championships

ANSLEY SCOTT

9.	600 Meters	1:33.26	1/17/25	Arkansas Invitational
3.	600 Yards	1:21.67	1/31/25	DeLoss Dodds Invitational
6.	4x400 Relay	4:13.87	2/1/25	DeLoss Dodds Invitational
3.	600 Yards	1:22.54	2/7/25	Steve Miller Invitational
1.	4x400 Relay	3:42.12	2/7/25	Steve Miller Invitational
3.	400 Meters	54.28	2/14/25	Tyson Invitational
8.	4x400 Relay	3:37.68	2/14/25	Tyson Invitational
22.	800 Meters	2:15.76	2/21/25	Arkansas Qualifier
11.	600 Yards (P)	1:21.48	2/28/25	Big 12 Championships
11.	4x400 Relay	3:38.28	2/28/25	Big 12 Championships

KEVRIANA SCOTT

12.	800 Meters	2:15.41	1/17/25	Arkansas Invitational
14.	1,000 Meters	2:54.96	1/17/25	Arkansas Invitational
11.	4x400 Relay	3:54.72	1/17/25	Arkansas Invitational
19.	800 Meters	2:11.90	1/31/25	Razorback Invitational
46.	Mile	4:57.08	2/1/25	Razorback Invitational
5.	800 Meters	2:10.52	2/14/25	Tyson Invitational
8.	Mile	4:54.93	2/21/25	Arkansas Qualifier
8.	1,000 Meters	2:51.00	2/28/25	Big 12 Championships
6.	1,000 Meters	2:51.87	3/1/25	Big 12 Championships

LAUREN SMITH

3.	Pole Vault	4.05m	1/17/25	Arkansas Invitational
-.	Pole Vault	NH	1/31/25	DeLoss Dodds Invitational
12.	Pole Vault	3.77m	2/7/25	Steve Miller Invitational
2.	Pole Vault	4.09m	2/14/25	Tyson Invitational
13.	Pole Vault	4.01m	2/28/25	Big 12 Championships

SARAH STAIR

11.	Pole Vault	3.60m	1/17/25	Arkansas Invitational
-.	Pole Vault	NH	1/31/25	DeLoss Dodds Invitational

COLLEEN STEGMANN

48.	Mile	4:58.28	2/1/25	Razorback Invitational
34.	Mile	4:57.83	2/14/25	Tyson Invitational
1.	3,000 Meters	9:39.17	2/14/25	Tyson Invitational
35.	3,000 Meters	9:56.19	2/28/25	Big 12 Championships

BAILEY STRAIN

14.	60 Meters (P)	7.78	1/31/25	DeLoss Dodds Invitational
15.	60 Meters (P)	7.81	2/7/25	Steve Miller Invitational
24.	60 Meters (P)	7.88	2/21/25	Arkansas Qualifier

2025 Women's Indoor Results

MADI SURBER

6.	800 Meters	2:06.72	12/7/24	Sharon Colyear-Danville Season Opener
14.	600 Meters	1:37.02	1/17/25	Arkansas Invitational
4.	1,000 Meters	2:49.18	1/17/25	Arkansas Invitational
4.	4x400 Relay	3:47.28	1/17/25	Arkansas Invitational
12.	800 Meters	2:09.19	1/31/25	Razorback Invitational
31.	Mile	4:50.48	2/1/25	Razorback Invitational
12.	800 Meters Invite	2:07.34	2/14/25	Tyson Invitational
19.	4x400 Relay	3:47.23	2/14/25	Tyson Invitational
8.	800 Meters	2:05.50	2/21/25	Arkansas Qualifier
4.	4x400 Relay	3:51.84	2/21/25	Arkansas Qualifier
10.	800 Meters (P)	2:08.69	2/28/25	Big 12 Championships
25.	3,000 Meters	9:45.53	2/28/25	Big 12 Championships
6.	DMR	11:23.41	2/28/25	Big 12 Championships

GENTRY TURNER

10.	Mile	4:54.94	1/17/25	Arkansas Invitational
21.	3,000 Meters	9:36.87	1/31/25	Razorback Invitational
27.	Mile	4:54.22	2/14/25	Tyson Invitational

KINIDI TAYLOR

26.	Long Jump	4.92m	1/17/25	Arkansas Invitational
17.	Long Jump	5.05m	1/31/25	DeLoss Dodds Invitational
14.	Long Jump	5.03m	2/7/25	Steve Miller Invitational

KATIE WRONA

-.	Pole Vault	NH	1/31/25	DeLoss Dodds Invitational

(P) = Prelims
(BOLD)= Indicates Big 12 Champion

Annie Molenhouse wins first career Big 12 title; Emma Robbins earns first team All-America honors in Hammer Throw

2025 Outdoor Highlights

• Emma Robbins earned first team All-America honors for the second time in her career in the Hammer Throw, placing fourth overall at the NCAA Championships.
• Annie Molenhouse became the first Cowgirl in program history to win a Big 12 title in the Heptathlon.
• Six former Cowgirls qualified for the World Athletics Championships in Tokyo, with Chase Jackson earning her sixth career world medal as she took home the silver in the Shot Put.

ALL-AMERICAN

First Team
Emma Robbins - Hammer Throw

Second Team
Isca Chelangat - 5,000 Meters
Annie Molenhouse - Heptathlon

Honorable Mention
Josphine Mwaura - 10,000 Meters
Kaylie Politza - 800 Meters

ALL-BIG 12
Katie Chapman - Heptathlon
Isca Chelangat - 5,000 Meters
Zeddy Chongwo - Long Jump
Jamila Isman - Heptathlon
Jinah Mickens-Malik - 4x400 Meter Relay
Kileigh Mixon - High Jump
Annie Molenhouse - Heptathlon, 4x400 Meter Relay
Josphine Mwaura - 10,000 Meters
Rachel Neaves - Hammer Throw
Johnna Orange - Hammer Throw
Kaylie Politza - 800 Meters, 4x400 Meter Relay
Ansley Scott - 4x400 Meter Relay
Madi Surber - 1,500 Meters
Emma Robbins - Hammer Throw
Olivija Vaitaityte - Heptathlon

BOLD = Big 12 Champion

Emma Robbins earned All-America honors in the Hammer Throw with her fourth-place finish at the NCAA Championships.

The Cowgirls opened their outdoor campaign at the Clyde Hart Classic in Waco, Texas, with Rachel Neaves, Johnna Orange and Sutton Howard going 1-2-3 in the Hammer Throw. Kileigh Mixon (High Jump), Katie Chapman (100 Meter Hurdles) and Lauren Smith (Pole Vault) all picked up runner-up finishes in their respective events as well.

The next week at the Texas Relays, Emma Robbins set the No. 1 mark in the NCAA at the time in the Hammer Throw with her toss of 69.09 meters, also breaking a 20-year-old school record in the process. For her efforts, Robbins was named Big 12 Women's Outdoor Track & Field Athlete of the Week, becoming just the fifth Cowgirl in program history to win the award. Each of her six attempts at the Texas Relays went past the previous school record of 64.69 meters set in 2005.

At the Jim Click Invitational in Arizona, the momentum continued for the Cowgirls as Annie Molenhouse stole the show in the Heptathlon, setting the No. 1 mark in the NCAA at the time of 5,641 points. Molenhouse became the second consecutive Cowgirl to be named Big 12 Women's Outdoor Track & Field Athlete of the Week, the first such occasion in program history. She was also the third multi to win the award, joining former teammate Bailey Golden, who did so in 2023 and 2024.

The same weekend at the Stanford Invitational in California, the Cowgirl distance squad put down several impressive performances to open the season. Both Madi Surber (1,500 Meters) and Josphine Mwaura (5,000 Meters) won their respective heats before Victoria Lagat set the third-fastest 5K mark in program history at 15:41.75 to end the night.

Two weeks later, the OSU women headed back to the west coast to compete in the Oregon Open and the first iteration of the Oregon Team Invitational. At the Oregon Open, Kaylie Politza, Surber, Mandeep Sangha and Lauren Ping went 1-2-3-4 in the 1,500 Meters with Politza leading the way with her time of 4:14.23. Kalen Goodman and Zeddy Chongwon earned runner-up finishes in the 400 Meter Hurdles and Long Jump, respectively.

The next day, the Cowgirls were invited to the first iteration of the Oregon Team Invitational, consisting of teams from around the country. Politza was the top individual for the Cowgirls on the day, taking home a second-place finish in the 800 Meters with an outdoor PR of 2:03.44 in the 800 Meters. Overall, the Cowgirls took third as a team, behind No. 1 Texas A&M and Oregon.

On the same weekend, Robbins again broke her own school record in the Hammer Throw, cracking 70 meters for the first time as she went 70.02 meters at the Mt. SAC Relays in California.

Postseason play kicked off at the Big 12 Outdoor Championships in Lawrence, Kan. Molenhouse became the first Cowgirl in program history to win a conference title in the Heptathlon as she dominated her way to a 200-point victory over the field. Overall, four Cowgirls earned All-Big 12 honors in the Heptathlon as they scored 19 points as a group. OSU also scored huge points in the Hammer Throw, with Robbins, Neaves and Orange going 2-4-5 to give the Cowgirls 17 points in the event. On the last day of the competition, true freshman Isca Chelangat had a massive breakout performance in the 5,000 Meters, earning a second-place finish with her time of 15:31.35, which was also the second-best mark in program history behind only Taylor Roe. Chelangat also defeated multiple All-Americans in the process, staking her claim as one of the best distance freshman in the NCAA. Overall, the Cowgirls placed sixth overall with 52.5 points as a team.

At the NCAA West Prelims in College Station, Texas, Politza (800 Meters), Chelangat (5,000 Meters), Mwaura (10,000 Meters) and Robbins (Hammer Throw) each punched their tickets to the NCAA Championships, with Molenhouse automatically qualifying in the Heptathlon.

Back in Eugene, Ore., for the NCAA Outdoor Championships, Robbins earned first team All-America honors for the second time in her career as she took fourth in the Hammer Throw. In their first-ever appearances at the national championships, Molenhouse (12th, Heptathlon) and Chelangat (15th, 5,000 Meters) each earned second team All-America honors.

Following the NCAA season, several former Cowgirls earned their spots at the 2025 World Athletics Championships in Tokyo. Ariadni Adamopoulou - Pole Vault, Chase Jackson (Ealey) - Shot Put, Sinclaire Johnson - 1,500 Meters Galvydyte - 800 & 1,500 Meters and Ieva Gumbs (Zarankaite) - Discus Throw all making the trip. Jackson earned her sixth world medal as she was the world runner-up in the Shot Put. Johnson also made the world final in the 1,500 Meters. Both Jackson and Johnson set American Records in the Shot Put and Mile, respectively, earlier in the outdoor season.

2025 Women's Outdoor Results

2025 OUTDOOR RESULTS BY MEET

CLYDE HART CLASSIC

March 22, 2025 | Clyde Hart Track & Field Stadium | Waco, Texas

Pl.	Athlete	Event	Mark
2.	Katie Chapman	100 Meter Hurdles	13.75
4.	Annie Molenhouse	100 Meter Hurdles	14.14
10.	Jamila Isman	100 Meter Hurdles	14.77
12.	Olivija Vaitaityte	100 Meter Hurdles	14.85
13.	Kessiah Bemis	100 Meter Hurdles	14.94
2.	Kileigh Mixon	High Jump	1.70m
2.	Lauren Smith	Pole Vault	4.00m
-.	Annalee Gardner	Pole Vault	NH
-.	Brooke Bayles	Pole Vault	NH
-.	Sarah Stair	Pole Vault	NH
3.	Kessiah Bemis	Long Jump	5.91m
5.	Annie Molenhouse	Long Jump	5.73m
6.	Olivija Vaitaityte	Long Jump	5.69m
7.	Katie Chapman	Long Jump	5.68m
13.	Jamila Isman	Long Jump	5.32m
19.	India Morgan	Long Jump	4.33m
1.	Rachel Neaves	Hammer Throw	57.98m
2.	Johnna Orange	Hammer Throw	57.56m
3.	Sutton Howard	Hammer Throw	52.54m
4.	Jamila Isman	Javelin Throw	36.92m
6.	Olivija Vaitaityte	Javelin Throw	35.72m
9.	Annie Molenhouse	Javelin Throw	33.68m
10.	Kessiah Bemis	Javelin Throw	30.83m

TEXAS RELAYS

March 26, 2025 | Mike A. Meyers Stadium | Austin, Texas

Pl.	Athlete	Event	Mark
1.	Emma Robbins	Hammer Throw	69.09m
6.	Rachel Neaves	Hammer Throw	61.46m

ORU INVITATIONAL

March 29, 2025 | ONEOK Sports Complex | Tulsa, Oklahoma

Pl.	Athlete	Event	Mark
1.	Maddie Meiner	100 Meter Hurdles	14.03
2.	Kessiah Bemis	100 Meter Hurdles	14.12
3.	Annie Molenhouse	100 Meter Hurdles	14.12
4.	Jamila Isman	100 Meter Hurdles	14.35
5.	Olivija Vaitaityte	100 Meter Hurdles	14.75
1.	Zeddy Chongwo	High Jump	1.64m
4.	Kessiah Bemis	High Jump	1.53m
1.	India Morgan	Long Jump	6.09m
2.	Zeddy Chongwo	Long Jump	5.98m
3.	Sara Byers	Long Jump	5.54m
4.	Maddie Meiner	Long Jump	5.51m
5.	Kinidi Taylor	Long Jump	5.46m

JOHN JACOBS INVITATIONAL

April 4, 2025 | John Jacobs Track Complex I Norman, Oklahoma

Pl.	Athlete	Event	Mark
9.	Lilly Ray	100 Meters	12.61
14.	Bailey Strain	100 Meters	12.87
1.	Jinah Mickens-Malik	800 Meters	2:10.80
14.	Isis Grant	800 Meters	2:19.20
5.	Kevriana Scott	1,500 Meters	4:38.03
8.	Katie Armstrong	5,000 Meters	17:33.05
9.	Cayden Brickman	5,000 Meters	17:37.42
12.	Abby Pickett	5,000 Meters	18:06.44
1.	Maddie Meiner	100 Meter Hurdles	14.78
14.	Brilee Payne	400 Meter Hurdles	1:05.89
6.	Sarah Stair	Pole Vault	3.80m
10.	Annalee Gardner	Pole Vault	3.65m
3.	India Morgan	Long Jump	5.79m
7.	Sara Byers	Long Jump	5.55m
10.	Kate Chapman	Shot Put	11.33m
2.	Rachel Neaves	Hammer Throw	61.49m
3.	Johnna Orange	Hammer Throw	55.20m
4.	Sutton Howard	Hammer Throw	53.49m
1.	B. Payne, A. Scott I. Grant, J. Mickens-Malik	4x400 Meter Relay	3:45.24

JIM CLICK INVITATIONAL

April 4-5, 2025 | Roy P. Drachman Stadium | Tuscon, Arizona

Pl.	Athlete	Event	Mark
1.	Annie Molenhouse	Heptathlon	5,641 points
		2. 100 Meter Hurdles	14.10
		1. High Jump	1.66m
		2. Shot Put	11.87m
		2. 200 Meters	23.91
		2. Long Jump	5.57m
		3. Javelin Throw	35.50m
		1. 800 Meters	2:12.54
5.	Jamila Isman	Heptathlon	5,125 points
		7. 100 Meter Hurdles	14.53
		4. High Jump	1.63m
		5. Shot Put	11.70m
		7. 200 Meters	25.43
		6. Long Jump	5.34m
		5. Javelin Throw	34.31m
		7. 800 Meters	2:25.70
6.	Kessiah Bemis	Heptathlon	4,951 points
		5. 100 Meter Hurdles	14.38
		9. High Jump	1.54m
		10. Shot Put	9.13m
		3. 200 Meters	24.12
		3. Long Jump	5.53m
		7. Javelin Throw	25.99m
		4. 800 Meters	2:21.11
9.	Olivija Vaitaityte	Heptathlon	3,066 points
		9. 100 Meter Hurdles	14.93
		4. High Jump	1.63m
		6. Shot Put	11.49m
		8. 200 Meters	25.77
		-. Long Jump	NM
		-. Javelin Throw	NM
		-. 800 Meters	NT

STANFORD INVITATIONAL

April 4-5, 2025 | Cobb Track & Angell Field | Palo Alto, California

Pl.	Athlete	Event	Mark
8.	Madi Surber	800 Meters (Section 2)	2:11.45
6.	Cameron McConnell	800 Meters (Sect. 3)	2:13.40
2.	Mandeep Sangha	800 Meters (Sect. 5)	2:09.86
15.	Cameron McConnell	1,500 Meters (Sect. 2)	4:29.27
6.	Mandeep Sangha	1,500 Meters (Sect. 3)	4:20.60
6.	Aubrey O'Connell	1,500 Meters (Sect. 4)	4:23.37
15.	Krystal Rodriguez	1,500 Meters (Sect. 4)	4:33.65
4.	Lauren Ping	1,500 Meters (Sect. 5)	4:24.64
1.	Madi Surber	1,500 Meters (Sect. 6)	4:21.30
1.	Josphine Mwaura	5,000 Meters (Sect. 4)	16:13.20
4.	Gentry Turner	5,000 Meters (Sect. 4)	16:23.42
13.	Autumn Michalski	5,000 Meters (Sect. 4)	17:02.21
11.	Victoria Lagat	5,000 Meters (Sect. 1)	15:41.75
17.	Maureen Rutoh	5,000 Meters (Sect. 1)	16:36.14
15.	Grace Ping	10,000 Meters (Sect. 2)	34:17.38

FLORIDA RELAYS

April 4-5, 2025 | Percy Beard Track | Gainesville, Florida

Pl.	Athlete	Event	Mark
13.	Kalen Goodman	400 Meter Hurdles	58.52

2025 Women's Outdoor Results

CARL KIGHT LUMBERJACK INVITATIONAL

April 10-12, 2025 | Stephen F. Austin | Nacogdoches, Texas

Pl.	Athlete	Event	Mark
1.	Olivija Vaitaityte	Heptathlon	5,294 points
		5. 100 Meter Hurdles	14.78
		2. High Jump	1.63m
		6. Shot Put	11.12m
		8. 200 Meters	26.18
		2. Long Jump	5.75
		1. Javelin Throw	36.22m
		1. 800 Meters	2:14.57
8.	Katie Chapman	Heptathlon	4,394 points
		1. 100 Meter Hurdles	14.12
		-. High Jump	NH
		2. Shot Put	12.13m
		1. 200 Meters	25.08
		4. Long Jump	5.68m
		2. Javelin Throw	36.16m
		11. 800 Meters	2:43.16

KT WOODMAN CLASSIC

April 11-12, 2025 | Cessna Stadium | Wichita, Kansas

Pl.	Athlete	Event	Mark
3.	Johnna Orange	Hammer Throw	56.64m
7.	Sutton Howard	Hammer Throw	53.54m

ARKANSAS SPRING INVITATIONAL

April 12, 2025 | John McDonnell Field | Fayetteville, Arkansas

Pl.	Athlete	Event	Mark
29.	Lilly Ray	100 Meters	12.10
31.	Bailey Strain	100 Meters	12.16
9.	Ansley Scott	400 Meters	53.99
16.	Jinah Mickens-Malik	400 Meters	55.14
21.	Isis Grant	400 Meters	56.15
4.	Isca Chelangat	1,500 Meters (Invite)	4:22.20
9.	Kevriana Scott	1,500 Meters (Invite)	4:30.01
10.	Krystal Rodriguez	1,500 Meters (Invite)	4:32.33
2.	Katie Armstrong	1,500 Meters	4:35.40
16.	Abby Pickett	1,500 Meters	4:53.41
7.	Cayden Brickman	3,000 Meters	10:29.99
10.	Emma Lindsey	3,000 Meters	10:47.06
6.	Brilee Payne	400 Meter Hurdles	1:01.39
6.	Kileigh Mixon	High Jump	1.70m
9.	Lauren Smith	Pole Vault	3.82m
13.	Sarah Stair	Pole Vault	3.67m
3.	Zeddy Chongwo	Long Jump	6.00m
7.	Sara Byers	Long Jump	5.79m

BEACH INVITATIONAL

April 17-18, 2025 | Jack Rose Track | Long Beach, California

Pl.	Athlete	Event	Mark
4.	Rachel Neaves	Hammer Throw	63.18m

OREGON OPEN

April 18, 2025 | Hayward Field | Eugene, Oregon

Pl.	Athlete	Event	Mark
6.	Isis Grant	800 Meters	2:11.23
1.	Kaylie Politza	1,500 Meters	4:14.23
2.	Madi Surber	1,500 Meters	4:16.00
3.	Mandeep Sangha	1,500 Meters	4:18.49
4.	Lauren Ping	1,500 Meters	4:20.54
6.	Aubrey O'Connell	1,500 Meters	4:23.42
14.	Cameron McConnell	1,500 Meters	4:34.82
6.	Maddie Meiner	100 Meter Hurdles	14.29
2.	Kalen Goodman	400 Meter Hurdles	58.66
2.	Zeddy Chongwo	Long Jump	6.12m
3.	Annie Molenhouse	Long Jump	5.82m
3.	Johnna Orange	Hammer Throw	58.57m

OREGON TEAM INVITATIONAL

April 19, 2025 | Hayward Field | Eugene, Oregon

Pl.	Athlete	Event	Mark
6.	Ansley Scott	400 Meters	54.65
7.	Jinah Mickens-Malik	400 Meters	55.07
2.	Kaylie Politza	800 Meters	2:03.44
5.	Madi Surber	800 Meters	2:06.14
5.	Mandeep Sangha	1,500 Meters	4:17.14
9.	Isca Chelangat	1,500 Meters	4:20.89
3.	Victoria Lagat	5,000 Meters	15:44.17
8.	Josphine Mwaura	5,000 Meters	16:15.58
7.	Annie Molenhouse	100 Meter Hurdles	14.01
8.	Maddie Meiner	100 Meter Hurdles	14.32
6.	Kileigh Mixon	High Jump	1.70m
3.	Zeddy Chongwo	Long Jump	6.01m
8.	India Morgan	Long Jump	5.71m
6.	Maddie Meiner	Shot Put	13.20m
7.	Johnna Orange	Shot Put	12.02m
7.	Johnna Orange	Discus Throw	26.38m
8.	Maddie Meiner	Discus Throw	24.08m
2.	A. Molenhouse, J. Mickens-Malik K. Goodman, A. Scott	4x400 Meter Relay	3:35.59

Team Scores

1. No. 1 Texas A&M (222)... 2. Oregon (182)... ***3. Oklahoma State (156)...*** *4. Kansas State (148)... 5. Wichita State (126)... 6. Utah (103)... 7. Oregon State (89)*

MT. SAC RELAYS

April 18-19, 2025 | Hilmer Lodge Stadium | Walnut, California

Pl.	Athlete	Event	Mark
2.	Emma Robbins	Hammer Throw	70.02m
1.	Rachel Neaves	Hammer Throw (College)	61.32m

JOHN MCDONNELL INVITATIONAL

April 25, 2025 | John McDonnell Field | Fayetteville, Arkansas

Pl.	Athlete	Event	Mark
20.	Bailey Strain	100 Meters	12.22
53.	Katie Chapman	200 Meters	25.97
10.	Kevriana Scott	800 Meters	2:10.24
2.	Maureen Rutoh	1,500 Meters	4:25.01
5.	Autumn Michalski	1,500 Meters	4:30.97
6.	Krystal Rodriguez	1,500 Meters	4:31.00
15.	Katie Armstrong	1,500 Meters	4:36.70
3.	Colleen Stegmann	5,000 Meters	17:14.86
5.	Abby Pickett	5,000 Meters	17:44.75
7.	Cayden Brickman	5,000 Meters	17:50.97
15.	Emma Lindsey	5,000 Meters	18:38.58
15.	Katie Chapman	100 Meter Hurdles	14.34
17.	Jamila Isman	100 Meter Hurdles	14.42
26.	Olivija Vaitaityte	100 Meter Hurdles	14.89
5.	Brilee Payne	400 Meter Hurdles	1:01.51
6.	Kileigh Mixon	High Jump	1.70m
18.	Sara Byers	Long Jump	5.44m
11.	Jamila Isman	Shot Put	11.75m
6.	Olivija Vaitaityte	Javelin Throw	38.83m
7.	Jamila Isman	Javelin Throw	37.91m
10.	B. Payne, O. Vaitaityte J. Isman, K. Chapman	4x400 Meter Relay	3:55.43

PAYTON JORDAN INVITATIONAL

April 25, 2025 | Cobb Track & Angell Field | Palo Alto, California

Pl.	Athlete	Event	Mark
7.	Gentry Turner	5,000 Meters (Sect. 1)	16:06.26

2025 Women's Outdoor Results

DESERT HEAT INVITATIONAL

May 3, 2025 | Roy P. Drachman Stadium | Tucson, Arizona

Pl.	Athlete	Event	Mark
23.	Ansley Scott	400 Meters	54.95
8.	Jinah Mickens-Malik	800 Meters	2:08.42
7.	Kalen Goodman	400 Meter Hurdles	58.30
25.	Brilee Payne	400 Meter Hurdles	1:01.48
1.	Emma Robbins	Hammer Throw	69.41m
3.	Rachel Neaves	Hammer Throw	61.26m
6.	Johnna Orange	Hammer Throw	57.81m
13.	Sutton Howard	Hammer Throw	50.69m
4.	A. Scott, J. Mickens-Malik K. Goodman, Brilee Payne	4x400 Meter Relay	3:40.06

SMU INVITATIONAL

May 3, 2025 | Washburne Soccer and Track Stadium | Dallas, Texas

Pl.	Athlete	Event	Mark
13.	Bailey Strain	100 Meters	12.20
6.	Annie Molenhouse	200 Meters	24.08
8.	Kessiah Bemis	200 Meters	24.48
16.	Bailey Strain	200 Meters	25.40
19.	Jamila Isman	200 Meters	25.54
2.	Isis Grant	800 Meters	2:13.07
4.	Maddie Meiner	100 Meter Hurdles	14.32
10.	Olivija Vaitaityte	100 Meter Hurdles	14.68
2.	Olivija Vaitaityte	High Jump	1.68m
2.	Annie Molenhouse	High Jump	1.68m
6.	Kileigh Mixon	High Jump	1.63m
1.	Zeddy Chongwo	Long Jump	6.28m
5.	Kessiah Bemis	Long Jump	5.61m
9.	Jamila Isman	Long Jump	5.48m
11.	Maddie Meiner	Long Jump	5.33m
3.	J. Isman, O. Vaitaityte K. Bemis, I. Grant	4x400 Meter Relay	3:45.77

ARKANSAS TWILIGHT

May 9, 2025 | John McDonnell Field | Fayetteville, Arkansas

Pl.	Athlete	Event	Mark
4.	Bailey Strain	100 Meters	12.04
9.	Bailey Strain	200 Meters	24.66
3.	Jinah Mickens-Malik	800 Meters	2:04.74
4.	Madi Surber	800 Meters	2:06.01
5.	Isis Grant	800 Meters	2:06.52
8.	Kalen Goodman	800 Meters	2:09.54
12.	Ansley Scott	800 Meters	2:12.42
15.	Brilee Payne	800 Meters	2:15.56
-.	Kaylie Politza	800 Meters	DNF
2.	Isca Chelangat	1,500 Meters	4:16.71
3.	Josphine Mwaura	1,500 Meters	4:18.08
5.	Mandeep Sangha	1,500 Meters	4:19.81
7.	Aubrey O'Connell	1,500 Meters	4:20.32
10.	Cameron McConnell	1,500 Meters	4:27.07
11.	Lauren Ping	1,500 Meters	4:27.31
12.	Maureen Rutoh	1,500 Meters	4:28.72
13.	Krystal Rodriguez	1,500 Meters	4:30.45
16.	Katie Armstrong	1,500 Meters	4:34.49
19.	Kevriana Scott	1,500 Meters	4:36.16
24.	Abby Pickett	1,500 Meters	4:46.29
28.	Emma Lindsey	1,500 Meters	4:58.01
-.	Kaylie Politza	1,500 Meters	DNF
3.	Katie Chapman	100 Meter Hurdles	13.82
4.	Annie Molenhouse	100 Meter Hurdles	13.98
5.	Kessiah Bemis	100 Meter Hurdles	14.32
6.	Maddie Meiner	100 Meter Hurdles	14.43
7.	Jamila Isman	100 Meter Hurdles	14.46
9.	Olivija Vaitaityte	100 Meter Hurdles	14.74
2.	Autumn Michalski	Steeplechase	10:43.23
1.	Kileigh Mixon	High Jump	1.73m
4.	Sara Byers	Long Jump	5.85m
6.	Maddie Meiner	Long Jump	5.46m
2.	Katie Chapman	Shot Put	12.97m
3.	Annie Molenhouse	Shot Put	12.88m
4.	Jamila Isman	Shot Put	11.82m
5.	Olivija Vaitaityte	Shot Put	11.58m

BIG 12 OUTDOOR CHAMPIONSHIP

May 15-17, 2025 | Rock Chalk Park | Lawrence, Kansas

Pl.	Athlete	Event	Mark
12.	Ansley Scott	400 Meters (P)	54.62
7.	Kaylie Politza	800 Meters (P)	2:04.27
14.	Jinah Mickens-Malik	800 Meters (P)	2:08.10
28.	Isis Grant	800 Meters (P)	2:13.10
31.	Madi Surber	800 Meters (P)	2:15.33
6.	Kaylie Politza	800 Meters	2:03.13
6.	Madi Surber	1,500 Meters (P)	4:30.90
16.	Isca Chelangat	1,500 Meters (P)	4:34.94
18.	Kevriana Scott	1,500 Meters (P)	4:35.70
20.	Aubrey O'Connell	1,500 Meters (P)	4:36.56
25.	Lauren Ping	1,500 Meters (P)	4:39.28
30.	Mandeep Sangha	1,500 Meters (P)	4:50.67
8.	Madi Surber	1,500 Meters	4:17.32
2.	Isca Chelangat	5,000 Meters	15:31.35
13.	Victoria Lagat	5,000 Meters	16:20.95
15.	Lauren Ping	5,000 Meters	16:26.43
16.	Josphine Mwaura	5,000 Meters	16:28.13
17.	Grace Ping	5,000 Meters	16:31.33
22.	Gentry Turner	5,000 Meters	16:52.29
25.	Colleen Stegmann	5,000 Meters	16:56.28
26.	Autumn Michalski	5,000 Meters	16:57.21
28.	Mandeep Sangha	5,000 Meters	17:01.43
30.	Aubrey O'Connell	5,000 Meters	17:04.23
33.	Kevriana Scott	5,000 Meters	17:16.48
8.	Josphine Mwaura	10,000 Meters	34:11.33
9.	Maureen Rutoh	10,000 Meters	34:19.14
11.	Victoria Lagat	10,000 Meters	34:43.69
12.	Grace Ping	10,000 Meters	34:50.52
18.	Colleen Stegmann	10,000 Meters	35:56.44
9.	Kalen Goodman	400 Meter Hurdles (P)	57.79
27.	Brilee Payne	400 Meter Hurdles (P)	1:01.50
9.	Kalen Goodman	400 Meter Hurdles	1:!4.44
12.	Autumn Michalski	Steeplechase	10:42.19
8.	Kileigh Mixon	High Jump	1.74m
13.	Olivija Vaitaityte	High Jump	1.69m
8.	Zeddy Chongwo	Long Jump	6.22m
11.	Sara Byers	Long Jump	6.01m
2.	Emma Robbins	Hammer Throw	68.92m
4.	Rachel Neaves	Hammer Throw	65.53m
5.	Johnna Orange	Hammer Throw	60.20m
15.	Sutton Howard	Hammer Throw	52.93m
7.	A. Scott, A. Molenhouse K. Politza, J. Mickens-Malik	4x400 Meter Relay	3:37.93
1.	**Annie Molenhouse**	**Heptathlon**	**5,729 Points**
		6. 100 Meter Hurdles	14.21
		5. High Jump	1.66m
		1. Shot Put	12.84m
		1. 200 Meters	23.73
		6. Long Jump	5.65m
		5. Javelin Throw	35.76m
		2. 800 Meters	2:13.09
3.	Olivija Vaitaityte	Heptathlon	5,509 Points
		8. 100 Meter Hurdles	14.49
		2. High Jump	1.69m
		6. Shot Put	11.26m
		13. 200 Meters	25.31
		5. Long Jump	5.74m
		1. Javelin Throw	37.27m
		3. 800 Meters	2:14.52
7.	Katie Chapman	Heptathlon	5,176 Points
		4. 100 Meter Hurdles	14.00
		14. High Jump	1.57m
		2. Shot Put	12.65m
		10. 200 Meters	25.16
		13. Long Jump	5.40m
		6. Javelin Throw	35.64m

2025 Women's Outdoor Results

		17. 800 Meters	2:32.14
8.	Jamila Isman	Heptathlon	5,099 Points
		11. 100 Meter Hurdles	14.60
		11. High Jump	1.63m
		4. Shot Put	11.91m
		15. 200 Meters	25.47
		17. Long Jump	5.01m
		8. Javelin Throw	35.39m
		9. 800 Meters	2:22.28
11.	Kessiah Bemis	Heptathlon	5,050 Points
		14. 100 Meter Hurdles	14.78
		16. High Jump	1.54m
		17. Shot Put	9.59m
		3. 200 Meters	24.24
		8. Long Jump	5.55m
		9. Javelin Throw	33.52m
		8. 800 Meters	2:22.22

Team Scores
1. Texas Tech (127)... 2. BYU (112.5)... 3. TCU (86)... 4. Baylor (84.5)... ***6. Oklahoma State (52.5)...***

NCAA WEST REGIONAL PRELIMINARY CHAMPIONSHIP

May 28-31, 2025 | E.B. Cushing Stadium | College Station, Texas

Pl.	Athlete	Event	Mark
7.	Kaylie Politza	800 Meters (F)	2:03.72
45.	Isis Grant	800 Meters (F)	2:14.90
46.	Jinah Mickens-Malik	800 Meters (F)	2:18.64
8.	Kaylie Politza	800 Meters (Q)	2:02.04
36.	Mandeep Sangha	1,500 Meters (F)	4:27.33
38.	Madi Surber	1,500 Meters (F)	4:27.44
45.	Aubrey O'Connell	1,500 Meters (F)	4:39.56
9.	Isca Chelangat	5,000 Meters (S)	15:51.86
32.	Victoria Lagat	5,000 Meters (S)	16:35.80
34.	Gentry Turner	5,000 Meters (S)	16:38.09
12.	Josphine Mwaura	10,000 Meters (S)	34:31.93
38.	Grace Ping	10,000 Meters (S)	36:20.53
43.	Maureen Rutoh	10,000 Meters (S)	37:02.75
31.	Kalen Goodman	400 Meter Hurdles (F)	59.12
13.	A. Scott, A. Molenhouse K. Goodman, J. Mickens-Malik	4x400 Meter Relay	3:34.34
35.	Zeddy Chongwo	Long Jump	6.02m
2.	Emma Robbins	Hammer Throw	66.47m
17.	Johnna Orange	Hammer Throw	61.55m
-.	Rachel Neaves	Hammer Throw	NM

NCAA OUTDOOR CHAMPIONSHIP

June 11-14, 2025 | Hayward Field | Eugene, Oregon

Pl.	Athlete	Event	Mark
22.	Kaylie Politza	800 Meters (S)	2:06.87
15.	Isca Chelangat	5,000 Meters*	15:48.66
22.	Josphine Mwaura	10,000 Meters*	35:09.22
4.	Emma Robbins	Hammer Throw*	69.27m
12.	Annie Molenhouse	Heptathlon*	5,669 Points
		15. 100 Meter Hurdles	13.94
		13. High Jump	1.66m
		14. Shot Put	12.32m
		7. 200 Meters	24.13
		19. Long Jump	5.38m
		8. Javelin Throw	41.25m
		11. 800 Meters	2:16.63

Team Scores
1. Georgia (73)... 2. USC (47)... 3. Texas A&M (43)... 4. Washington (31)... 5. Illinois (29.5)... ***T46. Oklahoma State (5)***

(P) = Preliminary
(Invite) = Invitational
(F) = First Round
(Q) = Quarterfinal
(S) = Semifinal
* = NCAA Final
(BOLD)= Indicates Big 12 Champion

2025 Women's Outdoor Results

2025 OUTDOOR RESULTS BY INDIVIDUAL

KATIE ARMSTRONG

8.	5,000 Meters	17:33.05	4/4/25	John Jacobs Invitational
2.	1,500 Meters	4:35.40	4/12/25	Arkansas Spring Invitational
15.	1,500 Meters	4:36.70	4/25/25	John McDonnell Invitational
16.	1,500 Meters	4:34.49	5/9/25	Arkansas Twilight

KESSIAH BEMIS

13.	100 MH	14.94	3/22/25	Clyde Hart Classic
3.	Long Jump	5.91m	3/22/25	Clyde Hart Classic
10.	Javelin Throw	30.83m	3/22/25	Clyde Hart Classic
2.	100 MH	14.12	3/29/25	ORU Invitational
4.	High Jump	1.53m	3/29/25	ORU Invitational
6.	Heptathlon	4,951 Points	4/4/25	Jim Click Shootout
	5. 100 MH	14.38		
	9. High Jump	1.54m		
	10. Shot Put	9.13m		
	3. 200 Meters	24.12		
	3. Long Jump	5.53m		
	7. Javelin Throw	25.99m		
	4. 800 Meters	2:21.11		
8.	200 Meters	24.48	5/3/25	SMU Invitational
5.	Long Jump	5.61m	5/3/25	SMU Invitational
3.	4x400 Relay	3:45.77	5/3/25	SMU Invitational
5.	100 MH	14.32	5/9/25	Arkansas Twilight
11.	Heptathlon	5,050 Points	5/15/25	Big 12 Championships
	14. 100 MH	14.78		
	16. High Jump	1.54m		
	17. Shot Put	9.59m		
	3. 200 Meters	24.24		
	8. Long Jump	5.55m		
	9. Javelin Throw	33.52m		
	8. 800 Meters	2:22.22		

CAYDEN BRICKMAN

9.	5,000 Meters	17:37.42	4/4/25	John Jacobs Invitational
7.	3,000 Meters	10:29.99	4/12/25	Arkansas Spring Invitational
7.	5,000 Meters	17:50.97	4/25/25	John McDonnell Invitational

SARA BYERS

3.	Long Jump	5.54m	3/29/25	ORU Invitational
7.	Long Jump	5.55m	4/4/25	John Jacobs Invitational
7.	Long Jump	5.79m	4/12/25	Arkansas Spring Invitational
18.	Long Jump	5.44m	4/25/25	John McDonnell Invitational
4.	Long Jump	5.85m	5/9/25	Arkansas Twilight
11.	Long Jump	6.01m	5/17/25	Big 12 Championships

KATIE CHAPMAN

2.	100 MH	13.75	3/22/25	Clyde Hart Classic
7.	Long Jump	5.68m	3/22/25	Clyde Hart Classic
5.	Heptathlon	5,177 Points	3/27/25	Emporia State Relays
	2. 100 MH	14.10		
	4. High Jump	1.61m		
	5. Shot Put	11.67m		
	4. 200 Meters	25.39		
	3. Long Jump	5.66m		
	3. Javelin Throw	39.86m		
	12. 800 Meters	2:40.81		
10.	Shot Put	11.33m	4/4/25	John Jacobs Invitational
8.	Heptathlon	4,394 Points	4/10/25	Carl Kight Invitational
	1. 100 MH	14.12		
	-. High Jump	NH		
	2. Shot Put	12.13m		
	1. 200 Meters	25.08		
	4. Long Jump	5.68m		
	2. Javelin Throw	36.16m		
	11. 800 Meters	2:43.16		
53.	200 Meters	25.97	4/25/25	John McDonnell Invitational
15.	100 MH	14.34	4/25/25	John McDonnell Invitational
10.	4x400 Relay	3:55.43	4/25/25	John McDonnell Invitational
3.	100 MH	13.82	5/9/25	Arkansas Twilight
2.	Shot Put	12.97m	5/9/25	Arkansas Twilight
7.	Heptathlon	5,176 Points	5/15/25	Big 12 Championships
	4. 100 MH	14.00		
	14. High Jump	1.57m		
	2. Shot Put	12.65m		
	10. 200 Meters	25.16		
	13. Long Jump	5.40m		
	6. Javelin Throw	35.64m		
	17. 800 Meters	2:32.14		

ISCA CHELANGAT

4.	1,500 Meters Inv.	4:22.20	4/12/25	Arkansas Spring Invitational
9.	1,500 Meters	4:20.89	4/19/25	Oregon Team Invitational
2.	1,500 Meters	4:16.71	5/9/25	Arkansas Twilight
16.	1,500 Meters (P)	4:34.94	5/16/25	Big 12 Championships
2.	5,000 Meters	15:31.35	5/17/25	Big 12 Championships
9.	5,000 Meters (S)	15:51.86	5/30/25	NCAA West Prelims
15.	5,000 Meters*	15:48.66	6/13/25	NCAA Championships

ZEDDY CHONGWO

1.	High Jump	1.64m	3/29/25	ORU Invitational
2.	Long Jump	5.98m	3/29/25	ORU Invitational
3.	Long Jump	6.00m	4/12/25	Arkansas Spring Invitational
2.	Long Jump	6.12m	4/18/25	Oregon Open
3.	Long Jump	6.01m	4/19/25	Oregon Team Invitational
1.	Long Jump	6.28m	5/3/25	SMU Invitational
8.	Long Jump	6.22m	5/17/25	Big 12 Championships
35.	Long Jump	6.02m	5/28/25	NCAA West Prelims

ANNALEE GARDNER

10.	Pole Vault	3.65m	4/4/25	John Jacobs Invitational

KALEN GOODMAN

13.	400 MH	58.52	4/4/25	Florida Relays
2.	400 MH	58.66	4/18/25	Oregon Open
2.	4x400 Relay	3:35.59	4/19/25	Oregon Team Invitational
7.	400 MH	58.30	5/3/25	Desert Heat Classic
4.	4x400 Relay	3:40.06	5/3/25	Desert Heat Classic
8.	800 Meters	2:09.54	5/9/25	Arkansas Twilight
9.	400 MH (P)	57.79	5/16/25	Big 12 Championships
9.	400 MH	1:14.44	5/17/25	Big 12 Championships
31.	400 MH (F)	59.12	5/28/25	NCAA West Prelims
13.	4x400 Relay	3:34.40	5/30/25	NCAA West Prelims

ISIS GRANT

14.	800 Meters	2:19.20	4/4/25	John Jacobs Invitational
1.	4x400 Relay	3:45.24	4/4/25	John Jacobs Invitational
21.	400 Meters	56.15	4/12/25	Arkansas Spring Invitational
6.	800 Meters	2:11.23	4/18/25	Oregon Open
2.	800 Meters	2:13.07	5/3/25	SMU Invitational
3.	4x400 Relay	3:45.77	5/3/25	SMU Invitational
5.	800 Meters	2:06.52	5/9/25	Arkansas Twilight
28.	800 Meters (P)	2:13.10	5/16/25	Big 12 Championships
45.	800 Meters (F)	2:14.90	5/28/25	NCAA West Prelims

SUTTON HOWARD

3.	Hammer Throw	52.54m	3/22/25	Clyde Hart Classic
4.	Hammer Throw	53.49m	4/4/25	John Jacobs Invitational
7.	Hammer Throw	53.54m	4/11/25	KT Woodman Classic
13.	Hammer Throw	50.69m	5/3/25	Desert Heat Classic
15.	Hammer Throw	52.92m	5/15/25	Big 12 Championships

JAMILA ISMAN

10.	100 MH	14.77	3/22/25	Clyde Hart Classic
13.	Long Jump	5.32m	3/22/25	Clyde Hart Classic
4.	Javelin Throw	36.92m	3/22/25	Clyde Hart Classic
4.	100 MH	14.35	3/29/25	ORU Invitational
5.	Heptathlon	5,125 Points	4/4/25	Jim Click Shootout

2025 Women's Outdoor Results

	7. 100 MH	14.53		
	4. High Jump	1.63m		
	5. Shot Put	11.70m		
	7. 200 Meters	25.43		
	6. Long Jump	5.34m		
	5. Javelin Throw	34.31m		
	7. 800 Meters	2:25.70		
17.	100 MH	14.42	4/25/25	John McDonnell Invitational
11.	Shot Put	11.75m	4/25/25	John McDonnell Invitational
7.	Javelin Throw	37.91m	4/25/25	John McDonnell Invitational
10.	4x400 Relay	3:55.43	4/25/25	John McDonnell Invitational
19.	200 Meters	25.54	5/3/25	SMU Invitational
9.	Long Jump	5.48m	5/3/25	SMU Invitational
7.	100 MH	14.46	5/9/25	Arkansas Twilight
4.	Shot Put	11.82m	5/9/25	Arkansas Twilight
8.	Heptathlon	5,099 Points	5/15/25	Big 12 Championships
	11. 100 MH	14.60		
	11. High Jump	1.63m		
	4. Shot Put	11.91m		
	15. 200 Meters	25.47		
	17. Long Jump	5.01m		
	8. Javelin Throw	35.39m		
	9. 800 Meters	2:22.28		

VICTORIA LAGAT

11.	5,000 Meters Ht. 1	15:41.75	4/4/25	Stanford Invitational
3.	5,000 Meters	15:44.17	4/19/25	Oregon Team Invitational
11.	10,000 Meters	34:43.69	5/15/25	Big 12 Championships
13.	5,000 Meters	16:20.95	5/17/25	Big 12 Championships
32.	5,000 Meters (S)	16:35.80	5/30/25	NCAA West Prelims

EMMA LINDSEY

10.	3,000 Meters	10:47.06	4/12/25	Arkansas Spring Invitational
15.	5,000 Meters	18:38.58	4/25/25	John McDonnell Invitational
28.	1,500 Meters	4:58.01	5/9/25	Arkansas Twilight

MADDIE MEINER

1.	100 MH	14.03	3/29/25	ORU Invitational
4.	Long Jump	5.51m	3/29/25	ORU Invitational
1.	100 MH	14.78	4/4/25	John Jacobs Invitational
6.	100 MH	14.29	4/18/25	Oregon Open
8.	100 MH	14.32	4/19/25	Oregon Team Invitational
6.	Shot Put	13.20m	4/19/25	Oregon Team Invitational
8.	Discus Throw	24.08m	4/19/25	Oregon Team Invitational
4.	100 MH	14.32	5/3/25	SMU Invitational
11.	Long Jump	5.33m	5/3/25	SMU Invitational
3.	4x400 Relay	3:45.77	5/3/25	SMU Invitational
6.	100 MH	14.43	5/9/25	Arkansas Twilight
6.	Long Jump	5.46m	5/9/25	Arkansas Twilight

CAMERON MCCONNELL

6.	800 Meters Ht. 3	2:13.40	4/4/25	Stanford Invitational
15.	1,500 Meters Ht. 2	4:29.27	4/4/25	Stanford Invitational
14.	1,500 Meters	4:34.82	4/18/25	Oregon Open
10.	1,500 Meters	4:27.07	5/9/25	Arkansas Twilight

AUTUMN MICHALSKI

13.	5,000 Meters Ht. 4	17:02.21	4/4/25	Stanford Invitational
5.	1,500 Meters	4:30.97	4/25/25	John McDonnell Invitational
2.	Steeplechase	10:43.23	5/9/25	Arkansas Twilight
12.	Steeplechase	10:42.19	5/15/25	Big 12 Championships
26.	5,000 Meters	16:57.21	5/17/25	Big 12 Championships

JINAH MICKENS-MALIK

1.	800 Meters	2:10.80	4/4/25	John Jacobs Invitational
1.	4x400 Relay	3:45.24	4/4/25	John Jacobs Invitational
16.	400 Meters	55.14	4/12/25	Arkansas Spring Invitational
7.	400 Meters	55.07	4/19/25	Oregon Team Invitational
2.	4x400 Relay	3:35.59	4/19/25	Oregon Team Invitational
8.	800 Meters	2:08.42	5/3/25	Desert Heat Classic
4.	4x400 Relay	3:40.06	5/3/25	Desert Heat Classic
3.	800 Meters	2:04.74	5/9/25	Arkansas Twilight
14.	800 Meters (P)	2:08.10	5/16/25	Big 12 Championships
7.	4x400 Relay	3:37.93	5/17/25	Big 12 Championships
46.	800 Meters (F)	2:18.64	5/28/25	NCAA West Prelims
13.	4x400 Relay	3:34.40	5/30/25	NCAA West Prelims

KILEIGH MIXON

2.	High Jump	1.70m	3/22/25	Clyde Hart Classic
6.	High Jump	1.70m	4/12/25	Arkansas Spring Invitational
6.	High Jump	1.70m	4/19/25	Oregon Team Invitational
6.	High Jump	1.70m	4/25/25	John McDonnell Invitational
6.	High Jump	1.63m	5/3/25	SMU Invitational
1.	High Jump	1.73m	5/9/25	Arkansas Twilight
8.	High Jump	1.74m	5/16/25	Big 12 Championships

ANNIE MOLENHOUSE

4.	100 MH	14.14	3/22/25	Clyde Hart Classic
5.	Long Jump	5.73m	3/22/25	Clyde Hart Classic
9.	Javelin Throw	33.68m	3/22/25	Clyde Hart Classic
3.	100 MH	14.12	3/29/25	ORU Invitational
1.	Heptathlon	5,641 Points	4/4/25	Jim Click Shootout
	2. 100 MH	14.10		
	1. High Jump	1.66m		
	2. Shot Put	11.87m		
	2. 200 Meters	23.91		
	2. Long Jump	5.57m		
	3. Javelin Throw	35.50m		
	1. 800 Meters	2:11.54		
3.	Long Jump	5.82m	4/18/25	Oregon Open
7.	100 MH	14.01	4/19/25	Oregon Team Invitational
2.	4x400 Relay	3:35.59	4/19/25	Oregon Team Invitational
6.	200 Meters	24.08	5/3/25	SMU Invitational
2.	High Jump	1.68m	5/3/25	SMU Invitational
4.	100 MH	13.98	5/9/25	Arkansas Twilight
3.	Shot Put	12.88m	5/9/25	Arkansas Twilight
1.	Heptathlon	5,729 Points	5/15/25	Big 12 Championships
	6. 100 MH	14.21		
	5. High Jump	1.66m		
	1. Shot Put	12.84m		
	1. 200 Meters	23.73		
	6. Long Jump	5.65m		
	5. Javelin Throw	35.76m		
	2. 800 Meters	2:13.09		
7.	4x400 Relay	3:37.93	5/17/25	Big 12 Championships
13.	4x400 Relay	3:34.40	5/30/25	NCAA West Prelims
12.	Heptathlon	5,669 Points	6/12/25	Big 12 Championships
	15. 100 MH	13.94		
	13. High Jump	1.66m		
	14. Shot Put	12.32m		
	7. 200 Meters	24.13		
	19. Long Jump	5.38m		
	8. Javelin Throw	41.25m		
	11. 800 Meters	2:16.63		

INDIA MORGAN

19.	Long Jump	4.33m	3/22/25	Clyde Hart Classic
1.	Long Jump	6.09m	3/29/25	ORU Invitational
3.	Long Jump	5.79m	4/4/25	John Jacobs Invitational
8.	Long Jump	5.71m	4/19/25	Oregon Team Invitational

JOSPHINE MWAURA

1.	5,000 Meters Ht. 4	16:13.20	4/4/25	Stanford Invitational
8.	5,000 Meters	16:15.58	4/19/25	Oregon Team Invitational
3.	1,500 Meters	4:18.08	5/9/25	Arkansas Twilight
8.	10,000 Meters	34:11.33	5/15/25	Big 12 Championships
16.	5,000 Meters	16:28.13	5/17/25	Big 12 Championships
12.	10,000 Meters (S)	34:31.93	5/28/25	NCAA West Prelims
22.	10,000 Meters*	35:09.22	6/11/25	NCAA Championships

2025 Women's Outdoor Results

RACHEL NEAVES

1.	Hammer Throw	57.98m	3/22/25	Clyde Hart Classic
6.	Hammer Throw	61.46m	3/29/25	Texas Relays
2.	Hammer Throw	61.49m	4/4/25	John Jacobs Invitational
4.	Hammer Throw	63.18m	4/17/25	Beach Invite
1.	Hammer Throw	61.32m	4/18/25	Mt. SAC Relays
3.	Hammer Throw	61.26m	5/3/25	Desert Heat Classic
4.	Hammer Throw	65.53m	5/15/25	Big 12 Championships
-.	Hammer Throw	NM	5/28/25	NCAA West Prelims

AUBREY O'CONNELL

6.	1,500 Meters Ht. 4	4:23.37	4/4/25	Stanford Invitational
6.	1,500 Meters	4:23.42	4/18/25	Oregon Open
7.	1,500 Meters	4:20.32	5/9/25	Arkansas Twilight
20.	1,500 Meters (P)	4:36.56	5/16/25	Big 12 Championships
30.	5,000 Meters	17:04.23	5/17/25	Big 12 Championships
45.	1,500 Meters (F)	4:39.56	5/28/25	NCAA West Prelims

JOHNNA ORANGE

2.	Hammer Throw	57.56m	3/22/25	Clyde Hart Classic
3.	Hammer Throw	55.20m	4/4/25	John Jacobs Invitational
3.	Hammer Throw	56.64m	4/11/25	KT Woodman Classic
3.	Hammer Throw	58.57m	4/18/25	Oregon Open
7.	Shot Put	12.02m	4/19/25	Oregon Team Invitational
7.	Discus Throw	26.28m	4/19/25	Oregon Team Invitational
6.	Hammer Throw	57.81m	5/3/25	Desert Heat Classic
5.	Hammer Throw	60.20m	5/15/25	Big 12 Championships
17.	Hammer Throw	61.55m	5/28/25	NCAA West Prelims

BRILEE PAYNE

14.	400 MH	1:05.89	4/4/25	John Jacobs Invitational
1.	4x400 Relay	3:45.24	4/4/25	John Jacobs Invitational
6.	400 MH	1:01.39	4/12/25	Arkansas Spring Invitational
5.	400 MH	1:01.51	4/25/25	John McDonnell Invitational
10.	4x400 Relay	3:55.43	4/25/25	John McDonnell Invitational
25.	400 MH	1:01.48	5/3/25	Desert Heat Classic
4.	4x400 Relay	3:40.06	5/3/25	Desert Heat Classic
15.	800 Meters	2:15.56	5/9/25	Arkansas Twilight
27.	400 MH (P)	1:01.50	5/16/25	Big 12 Championships

ABBY PICKETT

12.	5,000 Meters	18:06.44	4/4/25	John Jacobs Invitational
16.	1,500 Meters	4:53.41	4/12/25	Arkansas Spring Invitational
5.	5,000 Meters	17:44.75	4/25/25	John McDonnell Invitational
24.	1,500 Meters	4:46.29	5/9/25	Arkansas Twilight

GRACE PING

15.	10,000 Meters Ht. 2	34:17.38	4/4/25	Stanford Invitational
12.	10,000 Meters	34:50.52	5/15/25	Big 12 Championships
17.	5,000 Meters	16:31.33	5/17/25	Big 12 Championships
38.	10,000 Meters (S)	36:20.53	5/28/25	NCAA West Prelims

LAUREN PING

4.	1,500 Meters Ht. 5	4:24.64	4/4/25	Stanford Invitational
4.	1,500 Meters	4:20.54	4/18/25	Oregon Open
11.	1,500 Meters	4:27.31	5/9/25	Arkansas Twilight
25.	1,500 Meters (P)	4:39.28	5/16/25	Big 12 Championships
15.	5,000 Meters	16:26.43	5/17/25	Big 12 Championships

KAYLIE POLITZA

1.	1,500 Meters	4:14.23	4/18/25	Oregon Open
2.	800 Meters	2:03.44	4/19/25	Oregon Team Invitational
7.	800 Meters (P)	2:04.27	5/16/25	Big 12 Championships
6.	800 Meters	2:03.13	5/17/25	Big 12 Championships
7.	4x400 Relay	3:37.93	5/17/25	Big 12 Championships
7.	800 Meters (F)	2:03.72	5/28/25	NCAA West Prelims
8.	800 Meters (Q)	2:02.04	5/30/25	NCAA West Prelims
22.	800 Meters (S)	2:06.87	6/11/25	NCAA Championships

LILLY RAY

9.	100 Meters	12.61	4/4/25	John Jacobs Invitational
29.	100 Meters	12.10	4/12/25	Arkansas Spring Invitational

EMMA ROBBINS

1.	Hammer Throw	69.09m	3/29/25	Texas Relays
3.	Hammer Throw Inv.	70.02m	4/18/25	Mt. SAC Relays
1.	Hammer Throw	69.41m	5/3/25	Desert Heat Classic
2.	Hammer Throw	68.92m	5/15/25	Big 12 Championships
2.	Hammer Throw (S)	66.47m	5/28/25	NCAA West Prelims
4.	Hammer Throw*	69.27m	6/11/25	NCAA Championships

KRYSTAL RODRIGUEZ

15.	1,500 Meters Ht. 4	4:33.65	4/4/25	Stanford Invitational
10.	1,500 Meters Inv.	4:32.33	4/12/25	Arkansas Spring Invitational
6.	1,500 Meters	4:31.00	4/25/25	John McDonnell Invitational
13.	1,500 Meters	4:30.45	5/9/25	Arkansas Twilight

MAUREEN RUTOH

17.	5,000 Meters Ht. 1	16:36.14	4/4/25	Stanford Invitational
2.	1,500 Meters	4:25.01	4/25/25	John McDonnell Invitational
12.	1,500 Meters	4:28.72	5/9/25	Arkansas Twilight
9.	10,000 Meters	34:19.14	5/15/25	Big 12 Championships
43.	10,000 Meters (S)	37:02.75	5/28/25	NCAA West Prelims

MANDEEP SANGHA

2.	800 Meters Ht. 5	2:09.86	4/4/25	Stanford Invitational
6.	1,500 Meters Ht. 3	4:20.60	4/4/25	Stanford Invitational
3.	1,500 Meters	4:18.49	4/18/25	Oregon Open
5.	1,500 Meters	4:17.14	4/19/25	Oregon Team Invitational
5.	1,500 Meters	4:19.81	5/9/25	Arkansas Twilight
30.	1,500 Meters (P)	4:50.67	5/16/25	Big 12 Championships
28.	5,000 Meters	17:01.43	5/17/25	Big 12 Championships
36.	1,500 Meters (F)	4:27.33	5/28/25	NCAA West Prelims

ANSLEY SCOTT

1.	4x400 Relay	3:45.24	4/4/25	John Jacobs Invitational
9.	400 Meters	53.99	4/12/25	Arkansas Spring Invitational
6.	400 Meters	54.65	4/19/25	Oregon Team Invitational
2.	4x400 Relay	3:35.59	4/19/25	Oregon Team Invitational
23.	400 Meters	54.95	5/3/25	Desert Heat Classic
4.	4x400 Relay	3:40.06	5/3/25	Desert Heat Classic
12.	800 Meters	2:12.42	5/9/25	Arkansas Twilight
12.	400 Meters (P)	54.62	5/16/25	Big 12 Championships
7.	4x400 Relay	3:37.93	5/17/25	Big 12 Championships
13.	4x400 Relay	3:34.40	5/30/25	NCAA West Prelims

KEVRIANA SCOTT

5.	1,500 Meters	4:38.03	4/4/25	John Jacobs Invitational
9.	1,500 Meters Inv.	4:30.01	4/12/25	Arkansas Spring Invitational
10.	800 Meters	2:10.24	4/25/25	John McDonnell Invitational
19.	1,500 Meters	4:36.16	5/9/25	Arkansas Twilight
18.	1,500 Meters (P)	4:35.70	5/16/25	Big 12 Championships
33.	5,000 Meters	17:16.48	5/17/25	Big 12 Championships

LAUREN SMITH

2.	Pole Vault	4.00m	3/22/25	Clyde Hart Classic
9.	Pole Vault	3.82m	4/12/25	Arkansas Spring Invitational

SARAH STAIR

6.	Pole Vault	3.80m	4/4/25	John Jacobs Invitational
13.	Pole Vault	3.67m	4/12/25	Arkansas Spring Invitational

COLLEEN STEGMANN

3.	5,000 Meters	17:14.86	4/25/25	John McDonnell Invitational
18.	10,000 Meters	35:56.44	5/15/25	Big 12 Championships
25.	5,000 Meters	16:56.28	5/17/25	Big 12 Championships

2025 Women's Outdoor Results

BAILEY STRAIN

14.	100 Meters	12.87	4/4/25	John Jacobs Invitational
31.	100 Meters	12.16	4/12/25	Arkansas Spring Invitational
20.	100 Meters	12.22	4/25/25	John McDonnell Invitational
13.	100 Meters	12.20	5/3/25	SMU Invitational
16.	200 Meters	25.40	5/3/25	SMU Invitational
4.	100 Meters	12.04	5/9/25	Arkansas Twilight
9.	200 Meters	24.66	5/9/25	Arkansas Twilight

MADI SURBER

8.	800 Meters Ht. 2	2:11.45	4/4/25	Stanford Invitational
1.	1,500 Meters Ht. 6	4:21.30	4/4/25	Stanford Invitational
2.	1,500 Meters	4:16.00	4/18/25	Oregon Open
5.	800 Meters	2:06.14	4/19/25	Oregon Team Invitational
4.	800 Meters	2:06.01	5/9/25	Arkansas Twilight
31.	800 Meters (P)	2:15.33	5/16/25	Big 12 Championships
6.	1,500 Meters (P)	4:30.90	5/16/25	Big 12 Championships
8.	1,500 Meters	4:17.32	5/17/25	Big 12 Championships
38.	1,500 Meters (F)	4:27.44	5/28/25	NCAA West Prelims

KINIDI TAYLOR

5.	Long Jump	5.46m	3/29/25	ORU Invitational

GENTRY TURNER

4.	5,000 Meters Ht. 4	16:24.42	4/4/25	Stanford Invitational
7.	5,000 Meters Ht. 1	16:06.26	4/25/25	Payton Jordan Invitational
22.	5,000 Meters	16:52.29	5/17/25	Big 12 Championships
34.	5,000 Meters (S)	16:38.09	5/30/25	NCAA West Prelims

OLIVIJA VAITAITYTE

12.	100 MH	14.85	3/22/25	Clyde Hart Classic
6.	Long Jump	5.69m	3/22/25	Clyde Hart Classic
6.	Javelin Throw	35.72m	3/22/25	Clyde Hart Classic
5.	100 MH	14.75	3/29/25	ORU Invitational
9.	Heptathlon	3,066 Points	4/4/25	Jim Click Shootout
	9. 100 MH	14.93		
	4. High Jump	1.63m		
	6. Shot Put	11.49m		
	8. 200 Meters	25.77		
	-. Long Jump	NM		
	-. Javelin Throw	NM		
	-. 800 Meters	NM		
1.	Heptathlon	5,294 Points	4/10/25	Carl Kight Invitational
	5. 100 MH	14.78		
	2. High Jump	1.63m		
	6. Shot Put	11.12m		
	8. 200 Meters	26.18		
	2. Long Jump	5.75m		
	1. Javelin Throw	36.22m		
	1. 800 Meters	2:14.57		
26.	100 MH	14.89	4/25/25	John McDonnell Invitational
6.	Javelin Throw	38.83m	4/25/25	John McDonnell Invitational
10.	4x400 Relay	3:55.43	4/25/25	John McDonnell Invitational
10.	100 MH	14.68	5/3/25	SMU Invitational
2.	High Jump	1.68m	5/3/25	SMU Invitational
3.	4x400 Relay	3:45.77	5/3/25	SMU Invitational
9.	100 MH	14.74	5/9/25	Arkansas Twilight
5.	Shot Put	11.58m	5/9/25	Arkansas Twilight
3.	Heptathlon	5,509 Points	5/15/25	Big 12 Championships
	8. 100 MH	14.49		
	2. High Jump	1.69m		
	6. Shot Put	11.26m		
	13. 200 Meters	25.31		
	5. Long Jump	5.74m		
	1. Javelin Throw	37.27m		
	3. 800 Meters	2:14.52		
13.	High Jump	1.69m	5/16/25	Big 12 Championships

(A) = Section A
(B) = Section B
(Number) = Section Number
(P) = Preliminary
(Inv.) = Invitational
(F) = First Round
(Q) = Quarterfinal
(S) = Semifinal
* = NCAA Final
(BOLD)= Indicates Big 12 Champion

HISTORY

Cross Country History

CROSS COUNTRY COACHING HISTORY

1978	Larry Bridges
1979-1982	Dorsey Reirdon
1983-1994	Dick Weis
1995-2002	Catrina Acosta
2003-2008	Rene Sepulveda
2009-present	Dave Smith

NCAA CROSS COUNTRY CHAMPIONSHIPS APPEARANCES

(Scored at NCAA Meet)

Year	Site	Finish	Points	Head Coach
1988	Ames, Iowa	11th	241	Dick Weis
1989	Annapolis, Md.	5th	202	Dick Weis
1998	Lawrence, Kan.	20th	462	Catrina Acosta
2001	Greenville, S.C.	18th	482	Catrina Acosta
2005	Terre Haute, Ind.	10th	377	Rene Sepulveda
2010	Terre Haute, Ind.	17th	416	Dave Smith
2011	Terre Haute, Ind.	30th	701	Dave Smith
2012	Louisville, Ky.	26th	565	Dave Smith
2015	Louisville, Ky.	7th	274	Dave Smith
2016	Terre Haute, Ind.	17th	465	Dave Smith
2017	Louisville, Ky.	30th	748	Dave Smith
2018	Madison, Wisc.	19th	481	Dave Smith
2020	Stillwater, Okla.	24th	535	Dave Smith
2021	Tallahassee, Fla.	13th	404	Dave Smith
2022	Stillwater, Okla.	4th	201	Dave Smith
2023	Charlottesville, Va.	3rd	156	Dave Smith
2024	Madison, Wisc.	27th	598	Dave Smith

CROSS COUNTRY ALL-AMERICANS

Year	Athlete	Finish
1977	Karen Bridges	6th
1984	Christine McMiken	3rd
1985	Christine McMiken	3rd
1986	Jackie Goodman	12th
1986	Veronica Haberl	31st
1987	Jackie Goodman	2nd
1988	Sonia Barry	3rd
1988	Jackie Goodman	4th
1989	Jackie Goodman	9th
1989	Heather Garrett	15th
1998	Hanna Smedstad	28th
1999	Hanna Smedstad	18th
2000	Sara Wells	20th
2013	Monika Juodeskaite	23rd
2015	Ingeborg Loevnes	35th
2019	Molly Born	16th
2019	Taylor Somers	18th
2020	Taylor Roe	2nd
2021	Taylor Roe	5th
2022	Natalie Cook	7th
2022	Taylor Roe	13th
2023	Billah Jepkirui	7th
2023	Molly Born	21st
2023	Taylor Roe	34th

FOUR-TIME ALL AMERICANS (2)

Athlete	Year	Finishes
Jackie Goodman	1986-89	12-2-4-9
Taylor Roe	2020-23	2-5-13-34

THREE-TIME ALL AMERICANS (0)

Athlete	Year	Finishes

TWO-TIME ALL AMERICANS (3)

Athlete	Year	Finishes
Christine McMiken	1984-85	3-3
Hanna Smedstad	1998-99	28-18
Molly Born	2019, 2023	16-21

SINGLE-SEASON ALL AMERICANS (10)

Athlete	Year	Finish
Karen Bridges	1977	6th
Veronia Haberl	1986	31st
Sonia Barry	1988	3rd
Heather Garrett	1989	15th
Sara Wells	2000	20th
Monika Juodeskaite	2013	23rd
Ingeborg Loevnes	2015	35th
Taylor Somers	2019	18th
Natalie Cook	2022	7th
Billah Jepkirui	2023	7th

CROSS COUNTRY MIDWEST REGIONAL TITLES

Year	Site	Finish	Head Coach
2001	Carbondale, Ill.	1st	Catrina Acosta
2005	Iowa City, Iowa	1st	Rene Sepulveda
2015	Lawrence, Kan.	1st	Dave Smith
2022	Columbia, Mo.	1st	Dave Smith
2023	Stillwater, Okla.	1st	Dave Smith
2024	Peoria, Ill.	1st	Dave Smith

CROSS COUNTRY INDIVIDUAL REGIONAL CHAMPIONS

1985	Christine McMiken
2001	Siri Alfheim
2023	Billah Jepkirui

USTFCCCA MIDWEST REGION ATHLETE OF THE YEAR

2001	Siri Alfheim
2020	Taylor Roe
2022	Natalie Cook
2023	Billah Jepkirui

USTFCCCA MIDWEST REGION COACH OF THE YEAR

2005	Rene Sepulveda
2015	Dave Smith
2020	Dave Smith
2021	Dave Smith
2022	Dave Smith
2023	Dave Smith

CROSS COUNTRY MIDWEST REGIONALS HISTORY

Year	Site	Finish	Head Coach
1982		8th	Dorsey Reirdon
1983		NTS	Dick Weis
1984		NTS	Dick Weis
1985	Stillwater, Okla.	5th	Dick Weis
1988	Ames, Iowa	2nd	Dick Weis
1989	Terre Haute, Ind.	2nd	Dick Weis
1990	Springfield, Mo.	NTS	Dick Weis
1991	Wichita, Kan.	NTS	Dick Weis
1992	Ames, Iowa	9th	Dick Weis
1993	Carbondale, Ill.	10th	Dick Weis
1994	Springfield, Mo.	11th	Dick Weis
1995	Carbondale, Ill.	9th	Catrina Acosta
1996	Peoria, Ill.	4th	Catrina Acosta
1997	Ames, Iowa	15th	Catrina Acosta
1998	Wichita, Kan.	5th	Catrina Acosta
1999	Savoy, Ill.	16th	Catrina Acosta
2000	Cedar Falls, Iowa	7th	Catrina Acosta
2001	**Carbondale, Ill.**	**1st**	**Catrina Acosta**
2002	Normal, Ill.	9th	Catrina Acosta
2003	Stillwater, Okla.	24th	Rene Sepulveda
2004	Peoria, Ill.	2nd	Rene Sepulveda
2005	**Iowa City, Iowa**	**1st**	**Rene Sepulveda**
2006	Falcon Heights, Minn.	5th	Rene Sepulveda
2007	Peoria, Ill.	5th	Rene Sepulveda
2008	Stillwater, Okla.	5th	Rene Sepulveda
2009	Springfield, Mo.	NTS	Dave Smith

Cross Country History

2010	Peoria, Ill.	2nd	Dave Smith
2011	Dekalb, Ill.	2nd	Dave Smith
2012	Springfield, Mo.	2nd	Dave Smith
2013	Ames, Iowa	3rd	Dave Smith
2014	Peoria, Ill.	5th	Dave Smith
2015	**Lawrence, Kan.**	**1st**	**Dave Smith**
2016	Iowa City, Iowa	2nd	Dave Smith
2017	Ames, Iowa	2nd	Dave Smith
2018	Peoria, Ill.	2nd	Dave Smith
2019	Stillwater, Okla.	4th	Dave Smith
2021	Iowa City, Iowa	2nd	Dave Smith
2022	**Columbia, Mo.**	**1st**	**Dave Smith**
2023	**Stillwater, Okla.**	**1st**	**Dave Smith**
2024	**Peoria, Ill.**	**1st**	**Dave Smith**

CROSS COUNTRY ALL-REGION HONOREES

Year	Athlete	Place
1993	Colleen Nicoulin	9th
1996	Jenny Framme	4th
1996	Tamara Dingley	11th
1996	Hanna Smedstad	18th
2002	Marie Nilsson	4th
2002	Ami Butler	9th
2004	Mary Davies	3rd
2005	Mary Davies	5th
2005	Valentina Medina	11th
2005	Nina Andersson	14th
2005	Barbora Kuncova	20th
2005	Eva Slavikova	21st
2005	Anissa Angelosante	22nd
2007	Mihaela Susa	11th
2008	Mihaela Susa	11th
2009	Mihaela Susa	7th
2010	Mihaela Susa	8th
2010	Felicity Milton	13th
2010	Natalja Piliusina	16th
2010	Victoria Fratczak	21st
2011	Natalja Piliusina	9th
2011	Monika Juodeskaite	25th
2012	Monika Juodeskaite	9th
2012	Natalja Piliusina	11th
2012	Jackie Campos	23rd
2012	Kate Kujawa	24th
2013	Monika Juodeskaite	7th
2014	Monika Juodeskaite	3rd
2015	Natalie Baker	4th
2015	Ingeborg Loevnes	7th
2015	Kaela Edwards	9th
2015	Molly Sughroue	15th
2015	Aurora Dybedokken	16th
2015	Anna Boyert	22nd
2016	Kaela Edwards	6th
2016	Michelle Magnani	13th
2016	Aurora Dybedokken	14th
2016	Molly Sughroue	25th
2017	Kaytlyn Larson	13th
2017	Molly Sughroue	17th
2017	Kaylee Dodd	21st
2017	Gintare Zenkeviciute	25th
2018	Sinclaire Johnson	16th
2018	Grace Baker	23rd
2018	Taylor Somers	24th
2019	Taylor Somers	2nd
2019	Molly Born	6th
2019	Katlyn Larson	22nd
2021	Taylor Roe	2nd
2021	Molly Born	7th
2021	Gabby Hentemann	8th
2022	Natalie Cook	2nd
2022	Taylor Roe	3rd
2022	Gabija Galvydyte	16th
2022	Gabby Hentemann	17th
2022	Sivan Auerbach	20th
2022	Heidi Demeo	22nd
2023	**Billah Jepkirui**	**1st**
2023	Taylor Roe	2nd
2023	Molly Born	5th
2023	Cayden Dawson	10th
2023	Gabija Galvydyte	12th
2023	Sivan Auerbach	17th
2023	Heidi Demeo	19th
2024	Josphine Mwaura	4th
2024	Victoria Lagat	7th
2024	Sivan Auerbach	10th
2024	Colleen Stegmann	13th

CROSS COUNTRY CONFERENCE TITLES

1986	Manhattan, Kan.	Big 8	Dick Weis
2015	Stillwater, Okla.	Big 12	Dave Smith
2019	Waco, Texas	Big 12	Dave Smith
2021	Stillwater, Okla.	Big 12	Dave Smith
2022	Lubbock, Texas	Big 12	Dave Smith

CROSS COUNTRY INDIVIDUAL CONFERENCE CHAMPS

1984	Christine McMiken	Big 8	17:53
1985	Christine McMiken	Big 8	17:05
1986	Christine McMiken	Big 8	17:01.59
1987	Jackie Goodman	Big 8	16:57.84
1988	Sonia Barry	Big 8	16:19.11
1989	Heather Garrett	Big 8	17:03
2023	Taylor Roe	Big 12	19:35.4

CROSS COUNTRY CONFERENCE MEET HISTORY

Year	Site	League	Finish	Head Coach
1979	Lincoln, Neb.	Big 8	7th	Dorsey Reirdon
1980	Columbia, Mo.	Big 8	8th	Dorsey Reirdon
1981	Ames, Iowa	Big 8	8th	Dorsey Reirdon
1982	Lincoln, Neb.	Big 8	6th	Dorsey Reirdon
1983	Lawrence, Kan.	Big 8	7th	Dick Weis
1984	Boulder, Colo.	Big 8	6th	Dick Weis
1985	Columbia, Mo.	Big 8	4th	Dick Weis
1986	**Manhattan, Kan.**	**Big 8**	**1st**	**Dick Weis**
1987	Norman, Okla.	Big 8	6th	Dick Weis
1988	Stillwater, Okla.	Big 8	2nd	Dick Weis
1989	Ames, Iowa	Big 8	2nd	Dick Weis
1990	Lincoln, Neb.	Big 8	8th	Dick Weis
1991	Lawrence, Kan.	Big 8	8th	Dick Weis
1992	Boulder, Colo.	Big 8	5th	Dick Weis
1993	Columbia, Mo.	Big 8	7th	Dick Weis
1994	Manhattan, Kan.	Big 8	8th	Dick Weis
1995	Lawrence, Kan.	Big 8	7th	Catrina Acosta
1996	Ames, Iowa	Big 12	8th	Catrina Acosta
1997	Stillwater, Okla.	Big 12	10th	Catrina Acosta
1998	Lincoln, Neb.	Big 12	6th	Catrina Acosta
1999	College Station, Texas	Big 12	10th	Catrina Acosta
2000	Boulder, Colo.	Big 12	5th	Catrina Acosta
2001	Norman, Okla.	Big 12	2nd	Catrina Acosta
2002	Columbia, Mo.	Big 12	8th	Catrina Acosta
2003	Austin, Texas	Big 12	12th	Rene Sepulveda
2004	Topeka, Kan.	Big 12	3rd	Rene Sepulveda
2005	Waco, Texas	Big 12	2nd	Rene Sepulveda
2006	Lawrence, Kan.	Big 12	4th	Rene Sepulveda
2007	Lubbock, Texas	Big 12	5th	Rene Sepulveda
2008	Ames, Iowa	Big 12	7th	Rene Sepulveda
2009	Columbia, Mo.	Big 12	10th	Dave Smith
2010	Stillwater, Okla.	Big 12	4th	Dave Smith
2011	College Station, Texas	Big 12	3rd	Dave Smith
2012	Austin, Texas	Big 12	2nd	Dave Smith

Cross Country History

2013	Waco, Texas	Big 12	3rd	Dave Smith
2014	Lawrence, Kan.	Big 12	4th	Dave Smith
2015	**Stillwater, Okla.**	**Big 12**	**1st**	**Dave Smith**
2016	Lubbock, Texas	Big 12	2nd	Dave Smith
2017	Round Rock, Texas	Big 12	2nd	Dave Smith
2018	Ames, Iowa	Big 12	2nd	Dave Smith
2019	**Waco, Texas**	**Big 12**	**1st**	**Dave Smith**
2020	Lawrence, Kansas	Big 12	4th	Dave Smith
2021	**Stillwater, Okla.**	**Big 12**	**1st**	**Dave Smith**
2022	**Lubbock, Texas**	**Big 12**	**1st**	**Dave Smith**
2023	Ames, Iowa	Big 12	2nd	Dave Smith
2024	Waco, Texas	Big 12	4th	Dave Smith

CROSS COUNTRY ALL-BIG 12 HONOREES

1996	Jenny Framme	4th
1996	Hanna Smedstad	7th
1998	Hanna Smedstad	2nd
1998	Alexandra Lindquist	5th
1999	Hanna Smedstad	6th
2000	Sara Wells	9th
2001	Siri Alfeim	2nd
2001	Marie Nilsson	8th
2004	Barbora Kuncova	4th
2004	Mary Davies	5th
2004	Michelle Prowse	14th
2005	Mary Davies	5th
2005	Valentina Medina	7th
2005	Barbora Kuncova	12th
2005	Nina Anderson	13th
2006	Mary Davies	14th
2007	Mihaela Susa	15th
2008	Mihaela Susa	13th
2010	Mihaela Susa	9th
2010	Felicity Milton	14th
2011	Natalja Piliusina	4th
2011	Monika Juodeskaite	15th
2012	Monika Juodeskaite	4th
2012	Natalja Piliusina	7th
2013	Monika Juodeskaite	3rd
2014	Monika Juodeskaite	6th
2015	Ingeborg Loevnes	3rd
2015	Kaela Edwards	4th
2015	Natalie Baker	6th
2015	Anna Boyert	9th
2015	Aurora Dybedokken	12th
2015	Molly Sughroue	14th
2016	Michelle Magnani	7th
2016	Kaela Edwards	13th
2017	Molly Sughroue	9th
2017	Cheyenne Walden	15th
2018	Sinclaire Johnson	2nd
2018	Taylor Somers	9th
2018	Kaylee Dodd	12th
2018	Ariane Ballner	14th
2018	Grace Baker	15th
2019	Taylor Somers	2nd
2019	Molly Born	3rd
2019	Katlyn Larson	12th
2020	Taylor Roe	2nd
2020	Gabby Hentemann	3rd
2021	Taylor Roe	3rd
2021	Molly Born	4th
2021	Kelsey Ramirez	6th
2021	Gabby Hentemann	7th
2021	Clarissa Morales	15th
2022	Taylor Roe	2nd
2022	Billah Jepkirui	3rd
2022	Natalie Cook	4th
2022	Gabby Hentemann	5th
2022	Stephanie Moss	8th
2022	Gabija Galvydyte	9th
2022	Heidi Demeo	12th
2022	Taylor Somers	15th
2023	**Taylor Roe**	**1st**
2023	Billah Jepkirui	2nd
2023	Molly Born	5th
2023	Gabija Galvydyte	15th
2024	Josphine Mwaura	14th
2024	Sivan Auerbach	15th

USTFCCCA NATIONAL ATHLETE OF THE WEEK

Sept. 26, 2022	Natalie Cook

CROSS COUNTRY BIG 12 COACH OF THE YEAR

2015	Dave Smith
2019	Dave Smith
2020*	Dave Smith
2021	Dave Smith
2022	Dave Smith
2023*	Dave Smith

CROSS COUNTRY BIG 12 RUNNER OF THE YEAR

2023	Billah Jepkirui

CROSS COUNTRY BIG 12 SCHOLAR-ATHLETE OF THE YEAR

2015	Ingeborg Loevnes
2019	Taylor Somers
2023	Taylor Roe
2024	Sivan Auerbach

CROSS COUNTRY BIG 12 NEWCOMER OF THE YEAR

1998	Alexandra Lindquist
2001	Siri Alfheim
2004	Mary Davies
2011	Monika Juodeskaite
2015	Ingeborg Loevnes
2016	Michelle Magnani
2022	Natalie Cook

CROSS COUNTRY BIG 12 RUNNERS OF THE WEEK

Oct. 6, 1998	Hanna Smedstad
Oct. 13,1998	Hanna Smedstad
Sept. 9, 1999	Hanna Smedstad
Sept. 19, 2000	Sara Wells
Sept. 10, 2002	Marie Nilsson
Oct. 12, 2004	Mary Davies
Sept. 16, 2014	Caileigh Glenn
Sept. 29, 2015	Ingeborg Loevnes
Oct. 16. 2018	Sinclaire Johnson
Oct. 22, 2019	Molly Born
Sept. 21, 2021	Taylor Roe
Sept. 27, 2022	Natalie Cook
Oct. 18, 2022	Billah Jepkirui
Sept. 26, 2023	Billah Jepkirui

* = Co-Coach of the Year

Cross Country School Records

Oklahoma State School Records

6,000 Meters (6K)

1.	19:27.5	Billah Jepkirui	NCAA Championships	2023
2.	19:33.5	Taylor Roe	NCAA Championships	2021
3.	19:45.1	Molly Born	Big 12 Championships	2023
4.	19:45.9	Natalja Piliusina	Big 12 Championships	2011
5.	19:46.3	Natalie Cook	NCAA Championships	2022
6.	19:53.6	Josphine Mwaura	NCAA Midwest Regional	2024
7.	19:56.3	Sinclaire Johnson	Big 12 Championships	2018
8.	20:01.0	Monika Juodeskaite	Bronco Invitational	2014
9.	20:02.07	Victoria Lagat	NCAA Midwest Regional	2024
10.	20:03.2	Sivan Auerbach	Big 12 Championships	2024

OSU Cross Country Course Records

6,000 Meters (6K)

1.	19:27.7	Katelyn Tuohy, NC State	NCAA Championships	2022
2.	19:30.9	Parker Valby, Florida	NCAA Championships	2022
3.	19:37.1	Kelsey Chmiel, NC State	NCAA Championships	2022
4.	19:43.9	Elise Sterns, Northern Arizona	NCAA Championships	2022
5.	19:45.1	Bailey Hertenstein, Colorado	NCAA Championships	2022
6.	19:45.6	Hilda Olemomoi, Alabama	NCAA Championships	2022
7.	19:46.3	Natalie Cook, Oklahoma State	NCAA Championships	2022
8.	19:46.4	Olivia Markezich, Notre Dame	NCAA Championships	2022
9.	19:48.2	Amaris Tyynismaa, Alabama	NCAA Championships	2022
10.	19:50.0	Pamela Kosgei, New Mexico	Cowboy Jamboree	2024

Cowboy Jamboree Records

6,000 Meters (6K)

1.	19:50.0	Pamela Kosgei, New Mexico	2024
2.	20:17.1	Natalie Cook, Oklahoma State	2022
3.	20:20.8	Taylor Roe, Oklahoma State	2022
4.	20:22.2	Everlyn Kemboi, Utah Valley	2022
5.	20:23.1	Aubrey Frentheway, BYU	2022
6.	20:29.5	Elise Sterns, Northern Arizona	2022
7.	20:32.5	Annika Reiss, Northern Arizona	2022
8.	20:32.7	Maia Ramsden, Harvard	2022
9.	20:33.5	Nia Clatworthy, Lamar	2024
10.	20:33.6	Perri Bockrath, Kentucky	2022

Weis-Crockett Invitational Records

6,000 Meters (6K)

1.	20:15.3	Billah Jepkirui, Oklahoma State	2022
2.	20:22.3	Yasna Petrova, CBU	2022
3.	20:32.8	Calli Doan, Liberty	2022
4.	20:37.7	Alaina Stone Boggs, Washington State	2022
5.	20:38.4	Greta Karinauskaite, CBU	2022
6.	20:47.1	Katelyn Mitchem, Wyoming	2022
7.	20:50.7	Camila Noe, Montana State	2022
8.	20:53.8	Irene Rono, Abilene Christian	2022
9.	20:55.1	Stephanie Moss, Oklahoma State	2022
10.	20:58.3	Kayla Werner, Liberty	2022

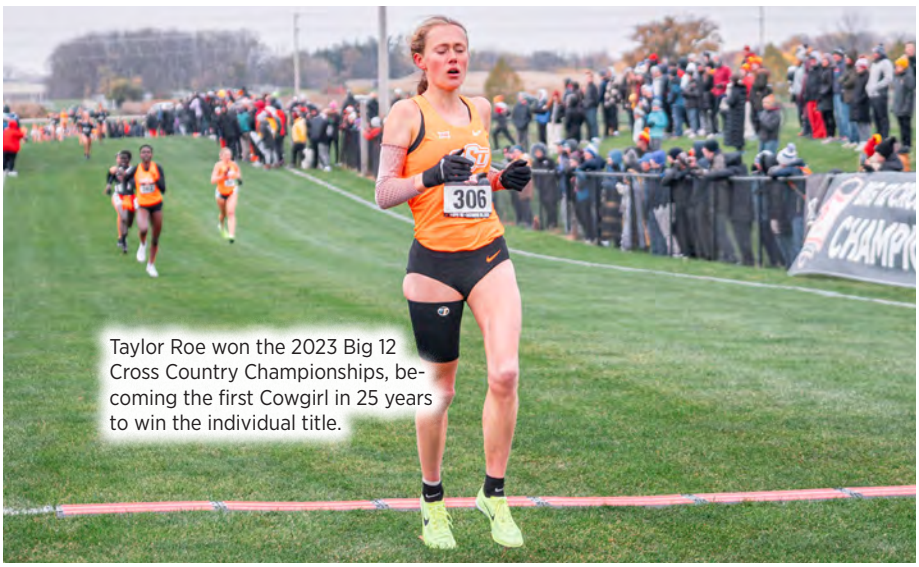
Cross Country Championships

Cross Country Meet Victories

1985 Sooner Invitational	Norman, Okla.
1986 Big 8 Championship	Manhattan, Kan.
1988 Cowboy Jamboree	Stillwater, Okla.
1988 Arkansas Invitational	Fayetteville, Ark.
1998 Dual vs. SW Mo. State	Springfield, Mo.
1988 Dual vs. Arkansas	Stillwater, Okla.
1989 Wichita State Gold Classic	Wichita, Kan.
1989 Oklahoma State Duals	Stillwater, Okla.
1989 Cowboy Jamboree	Stillwater, Okla.
1989 North Texas Invitational	Denton, Texas
1989 Arkansas Invitational	Fayetteville, Ark.
1990 Dual at Wichita State	Wichita, Kan.
1991 Dual vs. Oral Roberts	Stillwater, Okla.
1991 Dual vs. Tulsa	Stillwater, Okla.
1991 Dual vs. Wichita State	Stillwater, Okla.
1992 Dual vs. Oral Roberts	Stillwater, Okla.
1992 Dual vs. Tulsa	Stillwater, Okla.
1993 Dual vs. Wichita State	Stillwater, Okla.
1994 Oklahoma State Duals	Stillwater, Okla.
1995 Red Raider Invitational	Lubbock, Texas
1998 Wichita State Gold Classic	Wichita, Kan.
1999 ORU Subway Classic	Tulsa, Okla.
2000 UTEP Opener	El Paso, Texas
2000 SMU Invitational	Dallas, Texas
2001 Hurricane Invitational	Tulsa, Okla.
2001 Oklahoma Dual	Norman, Okla.
2001 NCAA Midwest Regional	Carbondale, Ill.
2004 Hurricane Invitational	Tulsa, Okla.
2004 Wildcat Invitational	Topeka, Kan.
2004 Triton Classic	La Jolla, Calif.
2005 Idaho State Invitational	Pocatello, Idaho
2005 Cowboy Jamboree	Stillwater, Okla.
2005 Chile Pepper XC Festival	Fayetteville, Ark.
2005 NCAA Midwest Regional	Iowa City, Iowa
2006 Hurricane Invitational	Tulsa, Okla.
2006 Cowboy Jamboree	Stillwater, Okla.
2007 Friends Invitational	Wichita, Kan.
2010 Cowboy Jamboree	Stillwater, Okla.
2010 Chile Pepper Festival	Fayetteville, Ark.
2011 Hurricane Festival	Tulsa, Okla.
2011 Cowboy Jamboree	Stillwater, Okla.
2012 Hurricane Festival	Tulsa, Okla.
2012 Cowboy Jamboree	Stillwater, Okla.
2012 OSU-ORU-Wichita State Triangular	Stillwater, Okla.
2013 Hurricane Festival	Tulsa, Okla.
2013 Cowboy Jamboree	Stillwater, Okla.
2014 Cowboy Jamboree	Stillwater, Okla.
2014 Santa Clara Bronco Invite	Sunnyvale, Calif.
2015 Cowboy Preview	Stillwater, Okla.
2015 Cowboy Jamboree	Stillwater, Okla.
2015 Crimson Classic	Tuscaloosa, Ala.
2015 Big 12 Championships	Stillwater, Okla.
2015 NCAA Midwest Regional	Lawrence, Kan.
2019 Big 12 Championships	Waco, Texas
2021 Cowboy Preview	Stillwater, Okla.
2021 Big 12 Championships	Stillwater, Okla.
2022 Cowboy Jamboree	Stillwater, Okla.
2022 Big 12 Championships	Lubbock, Texas
2022 NCAA Midwest Regional	Columbia, Mo.
2023 Cowboy Jamboree	Stillwater, Okla.
2023 NCAA Midwest Regional	Stillwater, Okla.
2024 Weis-Crockett Invitational	Stillwater, Okla.
2024 NCAA Midwest Regional	Peoria, Ill.

Cross Country Individual Meet Victories

Christine McMiken	1984 Oklahoma State Invitational	10:03.78	Two Miles
Christine McMiken	1984 Wichita State Gold Classic	17:21.81	5,000m
Christine McMiken	1984 Sooner Invitational	9:52	3,000m
Christine McMiken	1984 OU Triangular	9:45	3,000m
Christine McMiken	1984 Arkansas Invitational	16:20	5,000m
Christine McMiken	1984 Big Eight Championships	17:53	5,000m
Christine McMiken	1985 All-Comers Meet	9:30	3,000m
Christine McMiken	1985 Missouri Invitational	16:35.4	5,000m
Christine McMiken	1985 Sooner Invitational	9:40	3,000m
Christine McMiken	1985 Arkansas Invitational	16:06	5,000m
Christine McMiken	1985 Big Eight Championships	17:05	5,000m
Christine McMiken	1985 NCAA Midwest Regional	-	5,000m
Christine McMiken	1986 Big Eight Championships	17:01.59	5,000m
Jackie Goodman	1987 Big Eight Championships	16:57.84	5,000m
Sonia Barry	1988 Big Eight Championships	16:19.11	5,000m
Sonia Barry	1988 Arkansas Invitational	16:20.5	5,000m
Sonia Barry	1988 OU Invitational	10:02.15	3,000m
Sonia Barry	1988 District V Championships	16:54	5,000m
Heather Garrett	1989 Big Eight Championships	17:03	5,000m
Hanna Smedstad	1997 Oklahoma State XC Dual	10:51	Two Miles
Hanna Smedstad	1998 Big 12 Championships	17:25.4	5,000m
Hanna Smedstad	1998 Cowboy Jamboree	17:46	5,000m
Hanna Smedstad	1998 Wichita State Gold Classic	17:58.2	5,000m
Hanna Smedstad	1999 SMU XC Invitational	16:58	5,000m
Hanna Smedstad	1999 Lori Fitzgerald Memorial	17:05	5,000m
Hanna Smedstad	1999 ORU Classic	17:57.35	5,000m
Janine Brown	2001 Oklahoma State XC Dual	11:28	Two Miles
Siri Alfheim	2001 NCAA Midwest Regional	20:31	6,000m
Mary Davies	2004 Wildcat Invitational	21:13	6,000m
Barbora Kuncova	2005 Idaho State Invitational	10:38	3,000m
Tone Hjalmarsen	2006 Hurricane XC Festival	11:26	Two Miles
Mihaela Susa	2010 Cowboy Jamboree	21:10.53	6,000m
Monika Juodeskaite	2014 Cowboy Jamboree	17:16.49	5,000m
Monika Juodeskaite	2014 Santa Clara Bronco Invite	20:01.0	6,000m
Ingeborg Loevnes	2015 Cowboy Preview	10:28.4	3,000m
Sinclaire Johnson	2018 Hurricane Invitational	11:03	Two Miles
Sinclaire Johnson	2018 Arturo Barrios Invitational	19:58.5	6,000m
Taylor Roe	2021 Cowboy Jamborree	20:25.9	6,000m
Natalie Cook	2022 Cowboy Jamborree	20:17.1	6,000m
Billah Jepkirui	2022 Weis-Crockett Invitational	20:15.3	6,000m
Billah Jepkirui	2023 Cowboy Jamboree	20:28.6	6,000m
Taylor Roe	2023 Big 12 Championships	19:35.4	6,000m
Billah Jepkirui	2023 NCAA Midwest Regional	20:28.4	6,000m
Lauren Ping	2024 Weis-Crockett Invitational	21:45.4	6,000m



Taylor Roe won the 2023 Big 12 Cross Country Championships, becoming the first Cowgirl in 25 years to win the individual title.

Greiner Family OSU Cross Country Course/Course Records

Greiner Family OSU Cross Country Course

Oklahoma State Univeristy hosts a state-of-the-art cross country course that serves as home to the OSU men's and women's cross country teams. The home course of the Pokes is unlike any other in the nation, making it the standard for collegiate cross country competition.

The Oklahoma State Cross Country Course hosted the 2019 NCAA Regionals, which was the course's debut meet. Oklahoma State hosted the 2020 NCAA Cross Country Championships, which was pushed back to the spring of 2021 due to the COVID-19 pandemic. The course also hosted the 2022 NCAA Cross Country Championships with brand new fencing all around the course, allowing for a premier spectator experience. Most recently, the course hosted the 2023 NCAA Midwest Regional and will host the 2025 iteration, as well as the 2026 Big 12 and 2027 NCAA Championships in the coming years.

Construction of the course began on June 12, 2018. The course consists of just under one million square feet of turf. The cross country course contains 1,200 radio-controlled irrigation heads, one for every 35 feet, which keeps the course in pristine condition. Built to last for up to 60 years, high density polyethylene irrigation piping was used to build a stronger, longer-lasting irrigation system for the course.

The course offers four different loop options for the runners: a 10k, 8k, 6k and 5k loop. In collegiate competition, the men will run either the 8k or 10k loop, while the women will run the 6k route. The setup of the course provides unique training opportunities for the teams. The straightaway to the finish box is designed with mounds on each side of the course to offer a view from above, as well as views of multiple race areas.

Stillwater offers challenging conditions that train runners for hot and humid competitions. Besides the Oklahoma State Cross Country Course, Stillwater offers numerous hills, and dirt running trails through wooded sections for the use of running and biking. The Oklahoma State Cross Country programs are eager about the opportunity to host many more races in the future.

Greiner Family OSU Cross Country Course Records*

6,000 Meters (6K)

1.	Katelyn Tuohy	NC State	19:27.7	2022	NCAA Championships
2.	Parker Valby	Florida	19:30.9	2022	NCAA Championships
3.	Kelsey Chmiel	NC State	19:37.1	2022	NCAA Championships
4.	Elise Sterns	Northern Arizona	19:43.9	2022	NCAA Championships
5.	Bailey Hertenstein	Colorado	19:45.1	2022	NCAA Championships
6.	Hilda Olemomoi	Alabama	19:45.6	2022	NCAA Championships
7.	Natalie Cook	Oklahoma State	19:46.3	2022	NCAA Championships
8.	Olivia Markezich	Notre Dame	19:46.4	2022	NCAA Championships
9.	Amaris Tyynismaa	Alabama	19:48.2	2022	NCAA Championships
10.	Pamela Kosgei	New Mexico	19:50.0	2024	Cowboy Jamboree
11.	Addie Engel	Ohio State	19:50.4	2022	NCAA Championships
12.	Maia Ramsden	Harvard	19:52.3	2022	NCAA Championships
13.	Emily Venters	Utah	19:54.1	2022	NCAA Championships
14.	Taylor Roe	Oklahoma State	19:56.4	2022	NCAA Championships
15.	Flomena Asekol	Alabama	19:56.5	2022	NCAA Championships
16.	Samantha Bush	NC State	19:57.6	2022	NCAA Championships
17.	Mercy Chelangat	Alabama	19:58.4	2022	NCAA Championships
18.	Kelsey Harrington	North Carolina	19:58.8	2022	NCAA Championships
19.	Kaylee Mitchell	Oregon State	19:59.2	2022	NCAA Championships
20.	Everlyn Kemboi	Utah Valley	19:59.7	2022	NCAA Championships
21.	Zofia Dudek	Stanford	20:01.7	2022	NCAA Championships
22.	Maggie Donahue	Georgetown	20:02.4	2022	NCAA Championships
23.	Amelia Mazza-Downie	New Mexico	20:02.8	2022	NCAA Championships
24.	Savannah Roark	Syracuse	20:02.9	2022	NCAA Championships
25.	Ceili McCabe	West Virginia	20:03.2	2022	NCAA Championships

*= On new iteration of course completed in 2019

The Cowgirls dominated the field at the 2023 NCAA Midwest Regional meet, scoring just 30 points as a team on their way to a 45-point victory on their home course.

Cowboy Jamboree History

Year	Team Champion	Individual Champion	OSU Team Finish	OSU Top Individual
1977	Kansas State	Karen Bridges (Oklahoma State)	Did Not Qualify	Karen Bridges - First
1978	Houston	Karen Bridges (Oklahoma State)	Did Not Qualify	Karen Bridges - First
1979	Oklahoma	Tammy Tucker (Wichita State)	Sixth	Lisa Carman - 14th
1980	New Mexico	Tammy Tucker (Wichita State)	Third	Paula Tiger - 12th
1981	Wichita State	Kellie Cathey (Oklahoma)	Third	Susan Corey - First
1982	Southwest Missouri	Roche-Kelly (Oklahoma)	Third	Linda Thompson - Fourth
1983	Kansas State	Betsy Silzer (Kansas State)	Fifth	Christine McMiken - Sixth
1984	Houston	Christine McMiken (Oklahoma State)	Third	Christine McMiken - First
1985	Houston	Christine McMiken (Oklahoma State)	Fourth	Christine McMiken - First
1986	Oklahoma State	Christine McMiken/Veronica Haberl (Okla. State)	First	Christine McMiken/Veronica Haberl - First
1987	Texas-Arlington	Jackie Goodman (Oklahoma State)	-	Jackie Goodman - First
1988	Oklahoma State	Sonia Barry (Oklahoma State)	First	Sonia Barry - First
1989	Oklahoma State	Heather Garrett (Oklahoma State)	First	Heather Garrett - First
1990	Arkansas	Heather Garrett (Oklahoma State)	Fifth	Heather Garrett - First
1991	Baylor	Natalie Nalepu (Baylor)	Fourth	Donna Levy - Second
1992	Kansas State	Donna Levy (Unattached)	Fifth	Julie Nelson - 15th
1993	Kansas State	Janice Turner (Unattached)	Second	Amber Clark - Ninth
1994	Oklahoma	Alice Braham (Oklahoma)	Second	Danielle Coleman - Fifth
1995	Baylor	Casi Florida (Abilene Christian)	Fourth	Jessica De La Cerda - 14th
1996	Baylor	Hanna Smedstad (Oklahoma State)	Third	Hanna Smedstad - First
1997	Baylor	Sherrie Smith (Baylor)	Ninth	Tamara Dingley - 26th
1998	Washington	Hanna Smedstad (Oklahoma State)	Third	Hanna Smedstad - First
1999	Baylor	Leigh Daniel (Texas Tech)	12th	Sara Wells - 20th
2000	TCU	Gladys Keitany (TCU)	Second	Sara Wells - Second
2001	Georgetown	Amy Mortimer (Kansas State)	Second	Siri Alfheim - Third
2002	Georgetown	Jill Laurendeau (Georgetown)	Did Not Compete	No OSU competitors
2003	Texas Tech	Rachel Collins (SMU)	17th	Catherine Clifford - 58th
2004	Texas Tech	Mirian Kaumba (Oklahoma Baptist)	14th	JoAnna Fedick - 40th
2005	Oklahoma State	Mirian Kaumba (Unattached)	First	Barbora Kuncova - Third
2006	Oklahoma State	Desiraye Osburn (Wichita State)	First	Mary Davies - Fifth
2007	Missouri State	Lillian Badaru (South Plains)	Fourth	Maria Trejo - 17th
2008	Northern Arizona	Beverly Ramos (Kansas State)	Second	Natalia Kovtun - 10th
2009	Texas Tech	Lillian Badaru (Texas Tech)	11th	Mihaela Susa - Sixth
2010	Oklahoma State	Mihaela Susa (Oklahoma State)	First	Mihaela Susa - First
2011	Oklahoma State	Lauren Kleppin (Western State)	First	Natalja Piliusina - Fourth
2012	Oklahoma State	Aliphine Tuliamuk-Bolto (Wichita State)	First	Monika Juodeskaite - Third
2013	Oklahoma State	Cally Macumber (Kentucky)	First	Monika Juodeskaite - Second
2014	Oklahoma State	Monika Juodeskaite (Oklahoma State)	First	Monika Juodeskaite - First
2015	Oklahoma State	Rachael Reddy (Alabama)	First	Ingeborg Loevnes - Third
2016	Tulsa	Clara Langley (Tulsa)	Second	Savannah Camacho - Eighth
2017	Ole Miss	Karissa Schweizer (Missouri)	Fourth	Michelle Magnani - 15th
2020	Iowa State	Cailie Logue (Iowa State)	Second	Taylor Roe - Second
2021	Colorado	Taylor Roe (Oklahoma State)	Second	Taylor Roe - First
2022	Oklahoma State	Natalie Cook (Oklahoma State)	First	Natalie Cook - First
2023	Oklahoma State	Billah Jepkirui (Oklahoma State)	First	Billah Jepkirui - First
2024	New Mexico	Pamela Kosgei (New Mexico)	Second	Victoria Lagat - Third

- Not documented in OSU athletics' files or in newspaper accounts of the race from The Oklahoman, the Stillwater NewsPress or the Daily O'Collegian
1978 - Only four runners competed for OSU, making the Cowgirls ineligible for a team score.

Cross Country All-Time Results

1982: Head Coach - Dorsey Reirdon

Wichita State Gold Classic	Wichita, KS	6th
OSU-OU-AR Triangular		3rd
Cowboy Jamboree	Stillwater, OK	3rd
Sooner Invitational	Norman, OK	2nd
Big Eight Championship	Lincoln, NE	6th
District V Championship		6th

1983: Head Coach - Dick Weis

Wichita State Gold Classic	Wichita, KS	6th
Cowboy Jamboree	Stillwater, OK	5th
Sooner Invitational	Norman, OK	2nd
North Texas Invitational	Denton, TX	3rd
Big Eight Championship	Lawrence, KS	7th

1984: Head Coach - Dick Weis

OSU Invitational	Stillwater, OK	NTS
Wichita State Gold Classic	Wichita, KS	4th
Sooner Invitational	Norman, OK	2nd
OU Triangular	Norman, OK	3rd
Cowboy Jamboree	Stillwater, OK	3rd
Arkansas Invitational	Fayetteville, AR	NTS
Big Eight Championship	Boulder, CO	6th
District V Championship		NTS

1985: Head Coach - Dick Weis

All-Comers Meet		NTS
Missouri Invitational	Columbia, MO	5th
Cowboy Jamboree	Stillwater, OK	4th
Sooner Invitational	Norman, OK	1st
Arkansas Invitational	Fayetteville, AR	2nd
Big Eight Championship	Columbia, MO	4th
District V Championship		5th
NCAA Championship	Milwaukee, WI	NTS

1986: Head Coach - Dick Weis

Wichita State Gold Classic	Wichita, KS	N/A
Kansas State Invitational	Manhattan, KS	N/A
Cowboy Jamboree	Stillwater, OK	N/A
Sooner Invitational	Norman, OK	N/A
Arkansas Invitational	Fayetteville, AR	N/A
Big Eight Championship	Manhattan, KS	1st
District V Championship		N/A
NCAA Championship	Tucson, AZ	N/A

1987: Head Coach - Dick Weis

Not Available

1988: Head Coach - Dick Weis

Early Bird Invitational		2nd
at SW Missouri State	Springfield, MO	W
vs. Arkansas	Stillwater, OK	W
OSU Jamboree	Stillwater, OK	1st
Arkansas Invitational	Fayetteville, AR	1st
Big Eight Championship	Stillwater, OK	2nd
District V Championship		2nd
NCAA Championship	Ames, IA	11th

1989: Head Coach - Dick Weis

Wichita State Gold Classic	Wichita, KS	1st
OSU Duals	Stillwater, OK	1st
Cowboy Jamboree	Stillwater, OK	1st
North Texas Invitational	Denton, TX	1st
Arkansas Invitational	Fayetteville, AR	1st
Big Eight Championship	Ames, IA	2nd
District V Championship		2nd
NCAA Championship	Annapolis, MD	5th

1990: Head Coach - Dick Weis

Wichita State Gold Classic	Wichita, KS	NTS
at Wichita State	Wichita, KS	W
OSU Jamboree	Stillwater, OK	5th
Arkansas Invitational	Fayetteville, AR	4th
Big Eight Championship	Lincoln, NE	8th
District V Championship		NTS
NCAA Championship	Knoxville, TN	NTS

1991: Head Coach - Dick Weis

Wichita State Gold Classic	Wichita, KS	NTS
vs. Oral Roberts	Stillwater, OK	W
vs. Tulsa	Stillwater, OK	W
vs. Wichita State	Stillwater, OK	W
OSU Jamboree	Stillwater, OK	NTS
Arkansas Invitational	Fayetteville, AR	NTS
Big Eight Championship	Lawrence, KS	8th

1992: Head Coach - Dick Weis

Wichita State Gold Classic	Wichita, KS	2nd
vs. Oral Roberts	Stillwater, OK	W
vs. Tulsa	Stillwater, OK	W
Cowboy Jamboree	Stillwater, OK	5th
Arkansas Invitational	Fayetteville, AR	4th
Big Eight Championship	Boulder, CO	T5th

1993: Head Coach - Dick Weis

vs. Wichita State	Stillwater, OK	W
SMU Invitational	Dallas, TX	4th
Cowboy Jamboree	Stillwater, OK	2nd
Razorback Invitational	Fayetteville, AR	4th
Big Eight Championship	Columbia, MO	7th
Region V Championship		10th

1994: Head Coach - Dick Weis

Cowboy Jamboree	Stillwater, Okla	2nd
Texas Tech Invitational	Lubbock, TX	3rd
Chile Pepper Festival	Fayetteville, AR	15th
Wildcat Invitational	Manhattan, KS	4th
OSU Duals	Stillwater, OK	1st
Big Eight Championship	Manhattan, KS	8th
Midwest Regional		11th

1995: Head Coach - Catrina Acosta

Red Raider Invitational	Lubbock, TX	1st
OSU Duals	Stillwater, OK	3rd
Wildcat Invitational	Topeka, KS	4th
Chile Pepper Festival	Fayetteville, AR	15th
Cowboy Jamboree	Stillwater, OK	4th
Jayhawk Invitational	Lawrence, KS	3rd
Big Eight Championship	Lawrence, KS	7th
Midwest Regional		9th

1996: Head Coach - Catrina Acosta

Cowboy Jamboree	Stillwater, OK	4th
Michigan Invitational	Ann Arbor, MI	5th
Big 12 Championship	Ames, IA	6th
Midwest Regional	Peoria, IL	4th

1997: Head Coach - Catrina Acosta

OSU Duals	Stillwater, OK	NTS
Sundodger Invitational	Seattle, WA	8th
Cowboy Jamboree	Stillwater, OK	9th
Chile Pepper Festival	Fayetteville, AR	8th
Big 12 Championship	Stillwater, OK	10th
Midwest Regional	Ames, IA	15th
NCAA Championship	Greenville, SC	NTS

1998: Head Coach - Catrina Acosta

Wichita Gold Classic	Wichita, KS	1st
Jayhawk Invitational	Lawrence, KS	11th
Nebraska Invitational	Lincoln, NE	4th
Cowboy Jamboree	Stillwater, OK	3rd
Bob Timmons Invitational	Lawrence, KS	12th
Big 12 Championship	Lincoln, NE	6th
Midwest Regional	Wichita, KS	5th
NCAA Championship	Lawrence, KS	20th

1999: Head Coach - Catrina Acosta

UTEP Invitational	El Paso, TX	2nd
SMU XC Invitational	Dallas, TX	4th
Cowboy Jamboree	Stillwater, OK	12th
ORU Subway Classic	Tulsa, OK	1st
Big 12 Championship	College Station, TX	12th
Midwest Regional	Savoy, IL	19th
NCAA Championship	Bloomington, IN	NTS
(Hanna Smedstad - 18th)		

2000: Head Coach - Catrina Acosta

UTEP Opener	El Paso, TX	1st
SMU Invitational	Dallas, TX	1st
Cowboy Jamboree	Stillwater, OK	2nd
ISU Memorial Classic	Ames, IA	39th
Big 12 Championship	Boulder, CO.	5th
Midwest Regional	Cedar Falls, IA	7th
NCAA Championship	Ames, IA	NTS

2001: Head Coach - Catrina Acosta

Hurricane Invitational	Tulsa, OK	1st
Oklahoma Dual	Norman, OK	W
Cowboy Jamboree	Stillwater, OK	2nd
Chile Pepper Festival	Fayetteville, AR	2nd
Big 12 Championship	Norman, OK	2nd
Midwest Regional	Carbondale, IL	1st
NCAA Championship	Greenville, SC	18th

2002: Head Coach - Catrina Acosta

John Kornelson Classic	Augusta, KS	2nd
Big Wave Invitational	Oahu, HI	3rd
Cowboy Jamboree	Stillwater, OK	NTS
ORU Subway Classic	Tulsa, OK	3rd
Chile Pepper Festival	Fayetteville, AR	6th
Big 12 Championship	Columbia, MO	8th
Midwest Regional	Normal, IL	9th
NCAA Championship	Terre Haute, IN	NTS
(Marie Nillson - 66th)		

2003: Head Coach - Rene Sepulveda

Hurricane Festival	Tulsa, OK	4th
John Kornelson Classic	Augusta, KS	3rd
Cowboy Jamboree	Stillwater, OK	17th
Auburn Invitational	Auburn, AL	17th
Big 12 Championship	Austin, TX	12th
Midwest Regional	Stillwater, OK	23rd

2004: Head Coach - Rene Sepulveda

Hurricane Invitational	Tulsa, OK	1st
Wildcat Invitational	Topeka, KS	1st
Cowboy Jamboree	Stillwater, OK	14th
Triton Classic	San Diego, CA	1st
ORU Subway Classic	Tulsa, OK	2nd
Big 12 Championship	Topeka, KS	3rd
Midwest Regional	Peoria, IL	3rd
NCAA Championship	Terre Haute, IN	NTS
(Mary Davies - 48th)		

2005: Head Coach - Rene Sepulveda

Idaho State Invitational	Pocatello, ID	1st
Hurricane Invitational	Tulsa, OK	5th
Roy Griak Invitational	Minneapolis, MN	4th
Cowboy Jamboree	Stillwater, OK	1st
ORU Subway Classic	Tulsa, OK	3rd
Chile Pepper Festival	Fayetteville, AR	1st
Big 12 Championship	Waco, TX	2nd
Midwest Regional Champ.	Iowa City, IA	1st
NCAA Championship	Terre Haute, IN	10th

2006: Head Coach - Rene Sepulveda

Hurricane Invitational	Tulsa, OK	1st
North Texas Invitational	Denton, TX	3rd
Cowboy Jamboree	Stillwater, OK	1st
NCAA Pre-Nationals	Terre Haute, IN	18th
Big 12 Championship	Lawrence, KS	4th
Midwest Regional	Falcon Heights, MN	5th

Cross Country All-Time Results

2007: Head Coach - Rene Sepulveda

Hurricane Invitational	Tulsa, OK	3rd
Friends Invitational	Wichita, KS	1st
Boston College Invite	Boston, MA	3rd
Notre Dame Invitational	South Bend, IN	9th
Cowboy Jamboree	Stillwater, OK	4th
Chile Pepper Invitational	Fayetteville, AR	5th
Big 12 Championships	Lubbock, TX	5th
NCAA Midwest Regional	Peoria, IL	5th

2008: Head Coach - Rene Sepulveda

Hurricane Invitational	Tulsa, OK	3rd
Iowa State Open	Ames, IA	NTS
Missouri State Classic	Springfield, MO	4th
Cowboy Jamboree	Stillwater, OK	2nd
Pre-Nationals	Terre Haute, IN	13th
Big 12 Championships	Ames, IA	7th
NCAA Midwest Regional	Stillwater, OK	5th

2009: Head Coach – Dave Smith

Hurricane Festival	Tulsa, OK	2nd
Cowboy Jamboree	Stillwater, OK	11th
Chile Pepper Festival	Fayetteville, AR	6th
Big 12 Championships	Columbia, MO	10th
NCAA Midwest Regional	Springfield, MO	NTS
NCAA Championship	Terre Haute, IN	NTS
(Mihaela Susa – 110th)		

2010: Head Coach - Dave Smith

Hurricane Festival	Tulsa, OK	2nd
Cowboy Jamboree	Stillwater, OK	1st
Chile Pepper Festival	Fayetteville, AR	1st
Big 12 Championships	Stillwater, OK	4th
NCAA Midwest Regional	Peoria, IL	2nd
NCAA Championships	Terre Haute, IN	17th

2011: Head Coach – Dave Smith

Hurricane Festival	Tulsa, OK	1st
Cowboy Jamboree	Stillwater, OK	1st
Chile Pepper Festival	Fayetteville, AR	3rd
Big 12 Championships	Columbia, MO	3rd
NCAA Midwest Regional	Springfield, MO	2nd
NCAA Championship	Terre Haute, IN	30th

2012: Head Coach - Dave Smith

Hurricane Festival	Tulsa, OK	1st
Cowboy Jamboree	Stillwater, OK	1st
Chile Pepper Festival	Fayetteville, AR	2nd
Big 12 Championships	Austin, TX	2nd
NCAA Midwest Regional	Springfield, MO	2nd
OSU-ORU-WSU Triangular	Stillwater, OK	2nd
NCAA Championships	Louisville, KY	26th

2013: Head Coach - Dave Smith

Hurricane Festival	Tulsa, OK	1st
Bluegrass Invitational	Lexington, KY	4th
Cowboy Jamboree	Stillwater, OK	1st
Pre National Invitational	Terre Haute, IN	20th
Big 12 Championships	Waco, TX	3rd
NCAA Midwest Regional	Ames, Iowa	3rd

2014: Head Coach - Dave Smith

Hurricane Festival	Tulsa, OK	2nd
Bluegrass Invitational	Lexington, KY	3rd
Cowboy Jamboree	Stillwater, OK	1st
Santa Clara Bronco Invite	Sunnyvale, CA	1st
Big 12 Championships	Lawrence, KS	4th
NCAA Midwest Regional	Peoria, IL	5th

2015: Head Coach - Dave Smith

Cowboy Preview	Stillwater, OK	1st
Cowboy Jamboree	Stillwater, OK	1st
Crimson Classic	Tuscaloosa, AL	1st
Big 12 Championships	**Stillwater, OK**	**1st**
NCAA Midwest Regional	Lawrence, KS	1st
NCAA Championships	Louisville, KY	7th

2016: Head Coach - Dave Smith

Cowboy Duals	Stillwater, OK	1st
Cowboy Jamboree	Stillwater, OK	2nd
Penn State Open	State College, PA	3rd
Big 12 Championships	Lubbock, TX	2nd
NCAA Midwest Regional	Iowa City, IA	2nd
NCAA Championships	Terre Haute, IN	17th

2017: Head Coach - Dave Smith

Cowboy Preview	Stillwater, OK	4th
Cowboy Jamboree	Stillwater, OK	4th
Penn State Open	State College, PA	6th
Big 12 Championships	Round Rock, TX	2nd
NCAA Midwest Regional	Ames, IA	2nd
NCAA Championships	Louisville, KY	30th

2018: Head Coach - Dave Smith

Hurricane Invitational	Tulsa, OK	2nd
Nuttycombe Invitational	Madison, WI	15th
Arturo Barrios Invitational	College Station, TX	2nd
Big 12 Championships	Ames, IA	2nd
NCAA Midwest Regional	Peoria, IL	2nd
NCAA Championships	Madison, WI	19th

2019: Head Coach - Dave Smith

Hurricane Preview	Tulsa, OK	4th
Chile Pepper Festival	Fayetteville, AR	4th
Pre-National Invitational	Terre Haute, IN	11th
Big 12 Championships	**Waco, TX**	**1st**
NCAA Midwest Regional	Stillwater, OK	4th

2020: Head Coach - Dave Smith

Cowboy Jamboree	Stillwater, OK	2nd
OSU Invitational	Stillwater, OK	3rd
Big 12 Championships	Lawrence, KS	4th
FSU Winter Open	Tallahassee, FL	4th
OSU Winter Open	Stillwater, OK	1st
NCAA Championships	Stillwater, OK	24th

2021: Head Coach - Dave Smith

Cowboy Preview	Stillwater, OK	1st
Cowboy Jamboree	Stillwater, OK	2nd
Nuttycombe Invitational	Madison, WI	5th
Big 12 Championship	**Stillwater, OK**	**1st**
NCAA Midwest Regional	Iowa City, IA	2nd
NCAA Championship	Tallahassee, FL	13th

2022: Head Coach - Dave Smith

Cowboy Preview	Stillwater, OK	4th
Cowboy Jamboree	Stillwater, OK	1st
Weis-Crockett Invitational	Stillwater, OK	2nd
Big 12 Championship	**Lubbock, TX**	**1st**
NCAA Midwest Regional	Columbia, MO	1st
NCAA Championship	Stillwater, OK	4th

2023: Head Coach - Dave Smith

Cowboy Preview	Stillwater, OK	2nd
Cowboy Jamboree	Stillwater, OK	1st
Big 12 Championship	Ames, IA	2nd
NCAA Midwest Regional	Stillwater, OK	1st
NCAA Championship	Charlottesville, VA	3rd

2024: Head Coach - Dave Smith

Cowboy Preview	Stillwater, OK	2nd
Cowboy Jamboree	Stillwater, OK	2nd
Weis-Crockett Invitational	Stillwater, OK	1st
Big 12 Championships	Waco, TX	4th
NCAA Midwest Regional	Peoria, IL	1st
NCAA Championships	Madison, WI	27th

NTS - No Team Score
N/A - No Results Available

Billah Jepkirui at the 2022 NCAA Cross Country Championships in Stillwater.

Indoor History

WORLD ATHLETICS INDOOR CHAMPIONSHIPS QUALIFIERS

Year	Athlete	Country	Event	Finish
2022	Chase Ealey (Jackson)	United States	Shot Put	2nd
2024	Chase Ealey (Jackson)	United States	Shot Put	3rd
2025	Chase Jackson (Ealey)	United States	Shot Put	3rd
2025	Sinclaire Johnson	United States	1,500 Meters	6th
2025	Gabija Galvydyte	Lithuania	1,500 Meters	11th

TRACK & FIELD COACHING HISTORY

1979-1982	Dorsey Reirdon
1983-1994	Dick Weis
1995-2002	Catrina Acosta
2003-2008	Rene Sepulveda
2009-present	Dave Smith

NCAA INDOOR CHAMPIONSHIPS APPEARANCES

(Scored at Meet)

1984	T39th	1 point
1985	T17th	10 points
1986	T25th	4 points
1987	T21st	4 points
1988	T29th	2 points
1989	T13th	10 points
1990	T25th	6 points
1997	25th	7 points
1998	T38th	5 points
1999	T38th	5 points
2002	T22nd	10 points
2010	40th	5 points
2011	40th	5 points
2012	T28th	8 points
2013	T40th	4 points
2014	15th	14 points
2015	T28	8 points
2016	T10th	18 points
2017	39th	5 points
2018	45th	3 points
2019	35th	6 points
2021	T24th	9 points
2022	T18th	10 points
2023	T21st	9 points
2024	T8th	27 points

NCAA INDOOR INDIVIDUAL CHAMPIONS

1985	Christine McMiken	3,000 Meters	8:58.68
1989	Jackie Goodman	5,000 Meters	15:52.77
2002	Siri Alfheim	5,000 Meters	16:12.28
2016	Kaela Edwards	Mile	4:35.62
2022	Taylor Roe	3,000 Meters	8:58.68

USTFCCCA NATIONAL ATHLETE OF THE WEEK

Jan. 17, 2017	Kaela Edwards
Feb. 13, 2024	Taylor Roe

USTFCCCA MIDWEST REGION INDOOR TRACK ATHLETE OF THE YEAR

2019	Sinclaire Johnson
2022	Taylor Roe
2024	Taylor Roe

USTFCCCA MIDWEST REGION INDOOR TRACK COACH OF THE YEAR

2023	Dave Smith

INDOOR ALL-AMERICANS

Year	Athlete	Event	Place	Award
1984	Christine McMiken	3,000 Meters	6th	First Team
1985	**Christine McMiken**	**3,000 Meters**	**1st**	**First Team**
1986	Leisa Davis-Knowles	500 Meters	4th	First Team
1987	Veronica Habrel	3,000 Meters	4th	First Team
1988	Jackie Goodman	3,000 Meters	5th	First Team
1989	**Jackie Goodman**	**5,000 Meters**	**1st**	**First Team**
1990	Rosa Baker	55 Meter Hurdles	3rd	First Team
1990	Heather Garrett	3,000 Meters	13th	First Team
1997	Sherita Jackson	200 Meters	5th	First Team
1997	Jenny Framme	3,000 Meters	6th	First Team
1998	Sherita Jackson	200 Meters	4th	First Team
1999	Andrene Thompson	800 Meters	5th	First Team
1999	Krystal Beamon	DMR	8th	First Team
1999	Hanna Smedstad	DMR	8th	First Team
1999	Alexandra Lindquist	DMR	8th	First Team
1999	Adrene Thompson	DMR	8th	First Team
1999	Hanna Smedstad	3,000 Meters	11th	Hon. Mention
2002	**Siri Alfheim**	**5,000 Meters**	**1st**	**First Team**
2010	Mihaela Susa	Mile	5th	First Team
2010	Felicity Milton	5,000 Meters	8th	First Team
2011	Mihaela Bobos	DMR	5th	First Team
2011	Brandi Andrews	DMR	5th	First Team
2011	Natalja Piliusina	DMR	5th	First Team
2011	Mihaela Susa	DMR	5th	First Team
2011	Natalja Piliusina	Mile	11th	Second Team
2012	Natalja Piliusina	800 Meters	2nd	First Team
2013	Natalja Piliusina	800 Meters	5th	First Team
2014	Savannah Camacho	800 Meters	2nd	First Team
2014	Kaela Edwards	800 Meters	3rd	First Team
2015	Kaela Edwards	800 Meters	2nd	First Team
2015	Jennifer Celis-Martinez	Mile	15th	Second Team
2015	Chase Ealey	Shot Put	16th	Second Team
2016	**Kaela Edwards**	**Mile**	**1st**	**First Team**
2016	Savannah Camacho	800 Meters	4th	First Team
2016	Chase Ealey	Shot Put	6th	First Team
2016	Anna Boyert	DMR	9th	Second Team
2016	Danielle Coleman	DMR	9th	Second Team
2016	Jennifer Celis-Martinez	DMR	9th	Second Team
2016	Clara Nichols	DMR	9th	Second Team
2017	Kaela Edwards	Mile	4th	First Team
2017	Kaylee Dodd	800 Meters	9th	Second Team
2018	Kaylee Dodd	DMR	6th	First Team
2018	Ambra Wesley	DMR	6th	First Team
2018	Abbie Hetherington	DMR	6th	First Team
2018	Ariane Ballner	DMR	6th	First Team
2019	Molly Sughroue	DMR	3rd	First Team
2019	Nicolette Dixon	DMR	3rd	First Team
2019	Kaylee Dodd	DMR	3rd	First Team
2019	Sinclaire Johnson	DMR	3rd	First Team
2021	Sivan Auerbach	DMR	4th	First Team
2021	Christina Ollison	DMR	4th	First Team
2021	Stephanie Moss	DMR	4th	First Team
2021	Taylor Roe	DMR	4th	First Team
2021	Ariadni Adamopoulou	Pole Vault	5th	First Team
2022	**Taylor Roe**	**3,000 Meters**	**1st**	**First Team**
2022	Gabija Galvydyte	800 Meters	9th	Second Team
2022	Ariadni Adamopoulou	Pole Vault	10th	Second Team
2022	Maddie Meiner	Pentathlon	15th	Second Team
2023	Taylor Roe	3,000 Meters	3rd	First Team
2023	Billah Jepkirui	DMR	6th	First Team
2023	Tamara Woodley	DMR	6th	First Team
2023	Gabija Galvydyte	DMR	6th	First Team
2023	Taylor Roe	DMR	6th	First Team
2023	Natalie Cook	5,000 Meters	16th	Second Team
2024	Billah Jepkirui	Mile	2nd	First Team
2024	Taylor Roe	5,000 Meters	2nd	First Team
2024	Gabija Galvydyte	800 Meters	5th	First Team
2024	Molly Born	5,000 Meters	6th	First Team
2024	Winny Bii	Triple Jump	7th	First Team
2024	Grace Boone	DMR	7th	First Team
2024	Tamara Woodley	DMR	7th	First Team
2024	Maddie Salek	DMR	7th	First Team
2024	Sivan Auerbach	DMR	7th	First Team
2024	Billah Jepkirui	3,000 Meters	12th	Second Team
2024	Olivija Vaitaityte	Pentathlon	14th	Second Team
2025	Kaylie Politza	800 Meters	13th	Second Team

(BOLD) = Indicates NCAA Champion

Indoor History

INDOOR TEAM CONFERENCE CHAMPIONS

2023	Big 12	Coach Dave Smith

INDOOR CONFERENCE MEET HISTORY

1977	Big 8	7th	3 points
1978	Big 8	8th	10 points
1979	Big 8	8th	12 points
1980	Big 8	8th	14 points
1981	Big 8	8th	4 points
1982	Big 8	8th	12 points
1983	Big 8	8th	18 points
1984	Big 8	8th	14 points
1985	Big 8	7th	28 points
1986	Big 8	7th	48.5 points
1987	Big 8	6th	40 points
1988	Big 8	8th	32 points
1989	Big 8	5th	54 points
1990	Big 8	5th	54 points
1991	Big 8	8th	10 points
1992	Big 8	8th	10 points
1993	Big 8	8th	14 points
1994	Big 8	7th	10 points
1995	Big 8	8th	13 points
1996	Big 8	8th	11.5 points
1997	Big 12	6th	49 points
1998	Big 12	12th	16 points
1999	Big 12	6th	49 points
2000	Big 12	10th	17 points
2001	Big 12	12th	14 points
2002	Big 12	11th	30 points
2003	Big 12	12th	2 points
2004	Big 12	11th	28 points
2005	Big 12	9th	49 points
2006	Big 12	10th	35 points
2007	Big 12	12th	2 points
2008	Big 12	11th	13 points
2009	Big 12	10th	18 points
2010	Big 12	11th	13 points
2011	Big 12	10th	30 points
2012	Big 12	9th	31 points
2013	Big 12	5th	48 points
2014	Big 12	7th	60 points
2015	Big 12	4th	77 points
2016	Big 12	2nd	109 points
2017	Big 12	3rd	88 points
2018	Big 12	8th	55 points
2019	Big 12	5th	69 points
2020	Big 12	6th	54 points
2021	Big 12	2nd	72 points
2022	Big 12	3rd	123 points
2023	**Big 12**	**1st**	**146 points**
2024	Big 12	3rd	103.5 points
2025	Big 12	T-9th	40 points

INDOOR CONFERENCE CHAMPIONS

1978	Karen Bridges	Big 8	Two Miles	10:36.17
1984	Christine McMiken	Big 8	Three Miles	15:41.50
1985	Leisa Davis	Big 8	440 Yards	54:14
1985	Christine McMiken	Big 8	Three Miles	14:53.80
1986	Justine Craig	Big 8	880 Yards	2:08.30
1987	Justine Craig	Big 8	1,000 Yards	2:32.17
1987	Veronica Haberl	Big 8	Mile	4:45.95
1987	Jackie Goodman	Big 8	Two Miles	10:08.29
1988	Jackie Goodman	Big 8	3,000 Meters	9:17.44
1988	Jackie Goodman	Big 8	5,000 Meters	16:49.67
1989	Sonia Barry	Big 8	Mile	4:46.75
1989	Jackie Goodman	Big 8	3,000 Meters	9:29.24
1989	Jackie Goodman	Big 8	5,000 Meters	16:13.10
1990	Rosa Baker	Big 8	55 Meter Hurdles	7.71
1993	LaToya Polk	Big 8	800 Meters	2:09.92
1999	Alexandra Lindquist	Big 12	Mile	4:47.76
1999	Andrene Thompson	Big 12	800 Meters	2:09.53
2005	Delissa McClain	Big 12	Weight Throw	20.93m
2011	Natalja Piliusina	Big 12	800 Meters	2:08.47
2011	Mihaela Susa	Big 12	Mile	4:44.17
2011	Natalja Piliusina	Big 12	Distance Medley Relay	11:09.67
2011	Mihaela Bobos	Big 12	Distance Medley Relay	11:09.67
2011	Caileigh Glenn	Big 12	Distance Medley Relay	11:09.67
2011	Mihaela Susa	Big 12	Distance Medley Relay	11:09.67
2012	Natalja Piliusina	Big 12	800 Meters	2:07.43
2012	Kate Kujawa	Big 12	Distance Medley Relay	11:19.42
2012	Mihaela Bobos	Big 12	Distance Medley Relay	11:19.42
2012	Caileigh Glenn	Big 12	Distance Medley Relay	11:19.42
2012	Natalja Piliusina	Big 12	Distance Medley Relay	11:19.42
2013	Natalja Piliusina	Big 12	800 Meters	2:06.27
2014	Savannah Camacho	Big 12	1,000 Meters	2:49.97
2014	Viktoriia Sadokhina	Big 12	Triple Jump	12.73m
2015	Kaela Edwards	Big 12	1,000 Meters	2:43.11
2015	Clara Nichols	Big 12	800 Meters	2:06.95
2015	Jennifer Celis-Martinez	Big 12	Distance Medley Relay	11:16.86
2015	Stephanie Ferrante	Big 12	Distance Medley Relay	11:16.86
2015	Clara Nichols	Big 12	Distance Medley Relay	11:16.86
2015	Kaela Edwards	Big 12	Distance Medley Relay	11:16.86
2016	Kaela Edwards	Big 12	1,000 Meters	2:46.73
2016	Kaela Edwards	Big 12	Mile	4:46.73
2016	Ingeborg Loevnes	Big 12	3,000 Meters	9:24.03
2016	Savannah Camacho	Big 12	Distance Medley Relay	11:30.65
2016	Danielle Coleman	Big 12	Distance Medley Relay	11:30.65
2016	Clara Nichols	Big 12	Distance Medley Relay	11:30.65
2016	Jennifer Celis-Martinez	Big 12	Distance Medley Relay	11:30.65
2017	Kaela Edwards	Big 12	800 Meters	2:04.77
2017	Abbie Hetherington	Big 12	1,000 Meters	2:46.18
2017	Molly Sughroue	Big 12	Mile	4:47.76
2017	Molly Sughroue	Big 12	Distance Medley Relay	11:19.02
2017	Stephanie Ferrante	Big 12	Distance Medley Relay	11:19.02
2017	Kaylee Dodd	Big 12	Distance Medley Relay	11:19.02
2017	Kaela Edwards	Big 12	Distance Medley Relay	11:19.02
2018	Molly Sughroue	Big 12	Mile	4:52.48
2019	Sinclaire Johnson	Big 12	1,000 Meters	2:44.23
2019	Molly Sughroue	Big 12	Mile	4:48.75
2019	Ariane Ballner	Big 12	Distance Medley Relay	11:37.71
2019	Nicolette Dixon	Big 12	Distance Medley Relay	11:37.71
2019	Molly Sughroue	Big 12	Distance Medley Relay	11:37.71
2019	Sinclaire Johnson	Big 12	Distance Medley Relay	11:37.71
2021	Taylor Roe	Big 12	Mile	4:49.17
2021	Sivan Auerbach	Big 12	1,000 Meters	2:46.77
2021	Gabby Hentemann	Big 12	3,000 Meters	9:22.72
2022	Taylor Roe	Big 12	Distance Medley Relay	11:13:.41
2022	Nicolette Dixon	Big 12	Distance Medley Relay	11:13:.41
2022	Michaela Travers	Big 12	Distance Medley Relay	11:13:.41
2022	Kelsey Ramirez	Big 12	Distance Medley Relay	11:13:.41
2022	Taylor Roe	Big 12	Mile	4:33.56
2022	Taylor Roe	Big 12	3,000 Meters	9:35.85
2023	Ariadni Adamopoulou	Big 12	Pole Vault	4.19m
2023	Taylor Roe	Big 12	5,000 Meters	16:08.37
2023	Gabija Galvydyte	Big 12	Distance Medley Relay	11:12.21
2023	Ansley Scott	Big 12	Distance Medley Relay	11:12.21
2023	Kaylie Politza	Big 12	Distance Medley Relay	11:12.21
2023	Billah Jepkirui	Big 12	Distance Medley Relay	11:12.21
2023	Billah Jepkirui	Big 12	Mile	4:37.64
2024	Taylor Roe	Big 12	5,000 Meters	15:32.03
2024	Sivan Auerbach	Big 12	1,000 Meters	2:46.85
2024	Winny Bii	Big 12	Triple Jump	13.66m
2024	Billah Jepkirui	Big 12	Mile	4:37.16

Indoor History

INDOOR BIG 12 ATHLETE OF THE WEEK

Jan. 18, 2017	Kaela Edwards
Feb. 15, 2017	Kaela Edwards
Feb. 14, 2024	Taylor Roe

INDOOR BIG 12 FRESHMAN OF THE YEAR

2023	Billah Jepkirui

INDOOR BIG 12 HIGH-POINT AWARD

2023	Taylor Roe

BIG 12 INDOOR PERFORMER OF THE YEAR

2022	Taylor Roe

BIG 12 INDOOR COACH OF THE YEAR

2023	Dave Smith

MOST INDIVIDUAL BIG 12 INDOOR TITLES

Kaela Edwards	6
Taylor Roe	6
Jackie Goodman	5
Natalja Piliusina	5
Molly Sughroue	5
Billah Jepkirui	3
Clara Nichols	3
Sivan Auerbach	2
Sinclaire Johnson	2
Nicolette Dixon	2
Stephanie Ferrante	2
Jennifer Celis-Martinez	2
Savannah Camacho	2
Mihaela Bobos	2
Caileigh Glenn	2
Christine McMiken	2
Justine Craig	2
Mihaela Susa	2

MULTIPLE INDIVIDUAL CONFERENCE INDOOR TITLES IN ONE SEASON

Taylor Roe (2022)	3
Billah Jepkirui (2023)	2
Sinclaire Johnson (2019)	2
Molly Sughroue (2019)	2
Molly Sughroue (2017)	2
Kaela Edwards (2017)	2
Kaela Edwards (2016)	2
Kaela Edwards (2015)	2
Clara Nichols (2015)	2
Natalja Piliusina (2012)	2
Natalja Piliusina (2011)	2
Mihaela Susa (2011)	2
Jackie Goodman (1989)	2
Jackie Goodman (1988)	2

SEASONS WITH MULTIPLE INDIVIDUAL CONFERENCE CHAMPIONS

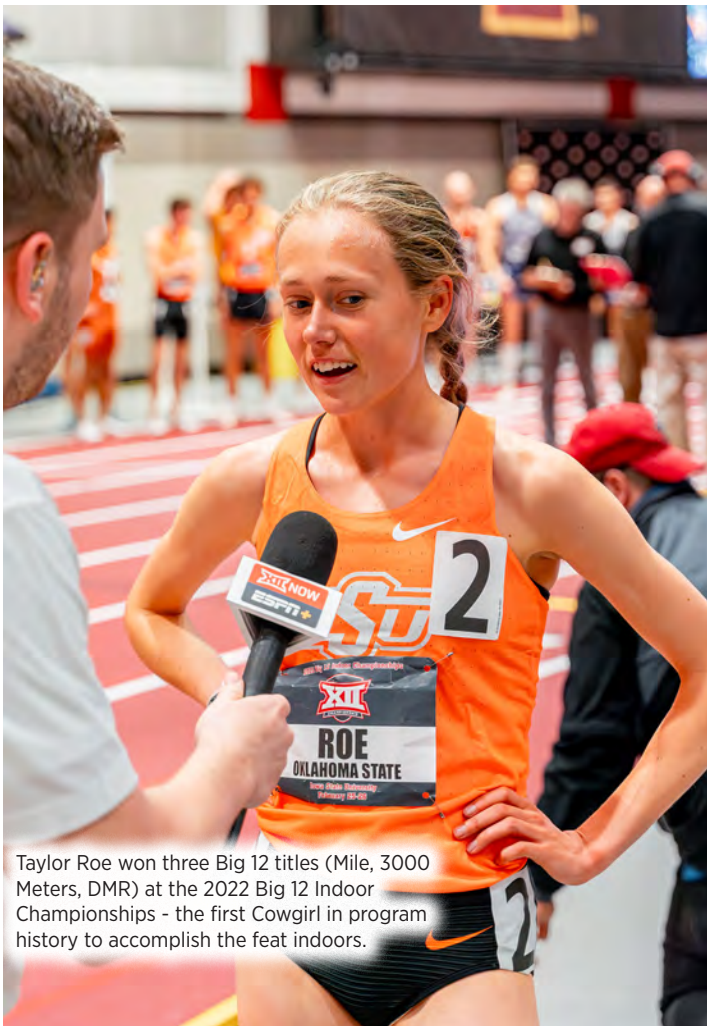
2024	4 (S. Auerbach, W. Bii, B. Jepkirui, T. Roe)
2023	4 (A. Adamopoulou, G. Galvydyte, T. Roe, DMR)
2017	4 (K. Edwards, A. Hetherington, M. Sughroue, DMR)
2016	4 (K. Edwards x2, I. Loevnes, DMR)
2022	3 (T. Roe x2, DMR)
2021	3 (S. Auerbach, G. Hentemann, T. Roe)
2019	3 (S. Johnson, M. Sughroue, DMR)
2015	3 (K. Edwards, C. Nichols, DMR)
2011	3 (N. Piliusina, M. Susa, DMR)
2014	2 (S. Camacho, V. Sadokhina)
2012	2 (N. Piliusina, DMR)
1999	2 (A. Lindquist, A. Thompson)

MOST POINTS SCORED AT INDOOR CONFERENCE MEET (CAREER)

1. Taylor Roe (2020-24)	68.5
2. Jackie Goodman (1985-89)	56
3. Kaela Edwards (2013-17)	55.25
4. Molly Sughroue (2016-19)	45
5. Natalja Piliusina (2011-15)	41
6. Sivan Auerbach (2021-24)	40.5
7. Bailey Golden (2019-23)	36
8. Gabby Hentemann (2020-24)	34.25
9. Savannah Camacho (2014-17)	32.75
10. Gabija Galvydyte (2020-24)	32.25
11. Billah Jepkirui (2023-24)	30.5
12. Ariane Ballner (2017-20)	27.75
13. Ari. Adamopoulou (2020-23)	26
14. Kaylee Dodd (2015, 2017-19)	24.5
15. Aaliyah Birmingham (2019-21)	23

MOST POINTS SCORED AT INDOOR CONFERENCE MEET (SEASON)

1. Taylor Roe (2023)	24
2. Taylor Roe (2022)	22.5
T3. Kaela Edwards (2016)	21
T3. Bailey Golden (2023)	21
T5. Jackie Goodman (1988)	20
T5. Jackie Goodman (1989)	20
7. Ingeborg Loevnes (2016)	18
8. Billah Jepkirui (2023)	16.5
T9. Sivan Auerbach (2024)	15
T9. Leisa Davis-Knowles (1985)	15



Taylor Roe won three Big 12 titles (Mile, 3000 Meters, DMR) at the 2022 Big 12 Indoor Championships - the first Cowgirl in program history to accomplish the feat indoors.

At the Indoor Conference Meet

1997 - BIG 12

1. Nebraska	160
2. Texas	132.33
3. Colorado	75.33
4. Kansas State	60.33
5. Baylor	58.5
6. Oklahoma State	49
7. Iowa State	46.5
8. Missouri	31
9. Oklahoma	25
10. Texas Tech	23
11. Texas A&M	22
12. Kansas	18

OSU Champs: None

1998 - BIG 12

1. Texas	156
2. Nebraska	101
3. Kansas State	70
4. Iowa State	66.5
5. Baylor	64.5
6. Colorado	63
T7. Missouri	45
T7. Oklahoma	45
9. Texas A&M	44
10. Kansas	41.5
11. Texas Tech	28.5
12. Oklahoma State	16

OSU Champs: None

1999 - BIG 12

1. Texas	150
2. Nebraska	94.5
3. Baylor	87
4. Kansas State	82.5
5. Colorado	65
6. Oklahoma State	49
7. Missouri	48
8. Iowa State	47.5
9. Texas A&M	46.5
10. Texas Tech	29
11. Oklahoma	26
12. Kansas	16

OSU Champs: Andrene Thompson (800 Meters), Alexandra Lindquist (Mile)

2000 - BIG 12

1. Nebraska	154.5
2. Texas	137.5
3. Kansas State	90.5
4. Iowa State	74
5. Oklahoma	60.5
6. Missouri	55
7. Texas Tech	45.5
8. Texas A&M	40
9. Baylor	34
10. Oklahoma State	17
11. Colorado	15
12. Kansas	14.5

OSU Champs: None

2001 - BIG 12

1. Nebraska	145.5
2. Kansas State	105
3. Texas	91.5
4. Colorado	82
5. Missouri	61.5
6. Texas A&M	56.5
7. Oklahoma	51
8. Iowa State	37
9. Kansas	34
10. Baylor	30
11. Texas Tech	27
12. Oklahoma State	14

OSU Champs: None

2002 - BIG 12

1. Kansas State	121
2. Texas	120
3. Nebraska	117.5
4. Baylor	90
5. Iowa State	67
6. Colorado	66.5
7. Texas Tech	61
8. Kansas	50
9. Missouri	49
10. Oklahoma	31
11. Texas A&M	27
12. Oklahoma State	19

OSU Champs: None

2003 - BIG 12

1. Texas	167
2. Nebraska	142
3. Kansas State	87
4. Kansas	57.5
5. Baylor	56
6. Colorado	52
7. Missouri	50
8. Iowa State	45
9. Oklahoma	38
10. Texas A&M	28.5
11. Texas Tech	15
12. Oklahoma State	2

OSU Champs: None

2004 - BIG 12

1. Nebraska	171.5
2. Texas	158
3. Kansas State	69
4. Missouri	56.5
5. Colorado	45.5
6. Baylor	42
7. Kansas	38
8. Oklahoma	37.5
9. Texas A&M	32
10. Iowa State	31
T11. Oklahoma State	28
T11. Texas Tech	28

OSU Champs: None

2005 - BIG 12

1. Nebraska	138.4
2. Texas	97
3. Baylor	74
4. Texas Tech	72
5. Kansas State	66.5
6. Missouri	64
7. Kansas	60
8. Colorado	55.20
9. Oklahoma State	49
10. Texas A&M	27
11. Oklahoma	21.5
12. Iowa State	11.4

OSU Champs: Delissa McClain (Weight Throw)

2006 - BIG 12

1. Texas	135
2. Nebraska	118
3. Texas Tech	68
T4. Oklahoma	61
T4. Baylor	61
6. Kansas State	60.5
7. Missouri	58
8. Texas A&M	56.5
9. Kansas	45
10. Oklahoma State	35
11. Colorado	33
12. Iowa State	19

OSU Champs: None

2007 - BIG 12

1. Texas A&M	141
2. Texas	104
3. Texas Tech	93
4. Oklahoma	74.5
5. Nebraska	69.5
6. Kansas	52
7. Missouri	51
8. Baylor	49
9. Iowa State	46
10. Kansas State	44
11. Colorado	14
12. Oklahoma State	2

OSU Champs: None

2008 - BIG 12

1. Texas A&M	119.25
2. Nebraska	95
3. Kansas	93
4. Texas	79
5. Texas Tech	70.5
6. Baylor	68.25
7. Oklahoma	59
8. Missouri	55
9. Kansas State	54
10. Iowa State	30
11. Oklahoma State	13
12. Colorado	5

OSU Champs: None

2009 - BIG 12

1. Texas A&M	130
2. Texas Tech	103.5
3. Nebraska	96.5
4. Baylor	86
5. Texas	83.5
6. Oklahoma	65
T7. Missouri	52
T7. Kansas State	52
9. Kansas	25.5
10. Oklahoma State	18
11. Iowa State	17
12. Colorado	11

OSU Champs: None

2010 - BIG 12

1. Texas A&M	130.5
2. Texas Tech	115
3. Nebraska	96
4. Oklahoma	65
5. Kansas	63.5
6. Iowa State	59
7. Texas	58
8. Kansas State	54
9. Baylor	40
10. Missouri	35
11. Oklahoma State	13
12. Colorado	11

OSU Champs: None

2011 - BIG 12

1. Nebraska	115.5
2. Texas A&M	101
3. Texas	96.5
4. Texas Tech	90
5. Oklahoma	76.5
6. Iowa State	66.5
7. Baylor	42
8. Kansas	40
9. Kansas State	35
10. Oklahoma State	30
11. Colorado	29
12. Missouri	19

OSU Champs: Natalja Piliusina (800 Meters), Mihaela Susa (Mile), DMR (Piliusina, Bobos, Glenn, Susa)

2012 - BIG 12

1. Texas A&M	140
2. Texas	112
3. Kansas	101.33
T4. Baylor	76
T4. Iowa State	76
6. Texas Tech	63
7. Kansas State	56
8. Oklahoma	55.33
9. Oklahoma State	31
10. Missouri	29.33

OSU Champs: Natalja Piliusina (800 Meters), DMR (Kujawa, Bobos, Glenn, Piliusina)

At the Indoor Conference Meet

2013 - BIG 12

1. Kansas	150.5
2. Texas	148
3. Iowa State	142
4. Baylor	72
5. Oklahoma State	48
6. Texas Tech	43.5
7. Kansas State	41
8. Oklahoma	38.5
9. TCU	37
10. West Virginia	20.5

OSU Champs: Natalja Piliusina (800 Meters)

2014 - BIG 12

1. Texas	147
2. Baylor	102
3. Kansas	99
4. Iowa State	96
5. Kansas State	77
6. Texas Tech	70.5
7. Oklahoma State	60
8. TCU	38
9. Oklahoma	28.5
10. West Virginia	23

OSU Champs: Savannah Camacho (1,000 Meters), Viktoriia Sadokhina (Triple Jump)

2015 - BIG 12

1. Texas	139
2. Kansas State	132.5
3. Baylor	105
4. Oklahoma State	77
5. Texas Tech	75.5
6. Kansas	71
7. Iowa State	68
8. Oklahoma	52
9. West Virginia	16
10. TCU	5

OSU Champs: Clara Nichols (800 Meters), Kaela Edwards (1,000 Meters), DMR (Celis, Ferrante, Nichols, Edwards)

2016 - BIG 12

1. Texas	147
2. Oklahoma State	109
3. Kansas State	107.42
4. Texas Tech	75
5. Kansas	70.92
6. Baylor	69.26
7. Iowa State	64.42
8. Oklahoma	57.5
9. West Virginia	24.42
10. TCU	15

OSU Champs: Kaela Edwards (1,000 Meters & Mile), Ingeborg Loevnes (3,000 Meters), DMR (Camacho, Coleman, Nichols, Celis)

2017 - BIG 12

1. Baylor	129.5
2. Texas	100
3. Oklahoma State	88
4. Oklahoma	87
5. Kansas	81
6. Kansas State	77.5
7. Texas Tech	59
8. Iowa State	57
9. TCU	44
10. West Virginia	16

OSU Champs: Kaela Edwards (800 Meters), Abbie Hetherington (1,000 Meters), Molly Sughroue (Mile), DMR (Sughroue, Ferrante, Dodd, Edwards)

2018 - BIG 12

1. Texas	117
2. Kansas	112
3. Oklahoma	98.5
4. Iowa State	97
5. Kansas State	85
6. Texas Tech	81
7. Baylor	70.5
8. Oklahoma State	55
9. West Virginia	15
10. TCU	10

OSU Champs: Molly Sughroue (Mile)

2019 - BIG 12

1. Texas	128
2. Texas Tech	108.5
3. Kansas State	102
4. Kansas	89.5
5. Oklahoma State	69
6. Baylor	68
7. Iowa State	66
8. Oklahoma	60.5
9. TCU	32
10. West Virginia	15.5

OSU Champs: Sinclaire Johnson (1,000 Meters), Molly Sughroue (Mile), DMR (Ballner, Dixon, Sughroue, Johnson)

2020 - BIG 12

1. Texas	180.33
2. Texas Tech	131
3. Kansas State	91
4. Iowa State	74.33
5. Oklahoma	72
T6. Kansas	54
T6. Oklahoma State	54
8. Baylor	34.33
9. TCU	34
10. West Virginia	16

OSU Champs: None

2021 - BIG 12

1. Texas	154.5
2. Oklahoma State	103
3. Kansas State	100.5
4. Texas Tech	95.5
5. Baylor	93
6. Kansas	68.5
7. Oklahoma	59
8. West Virginia	34
9. Iowa State	31
10. TCU	2

OSU Champs: Taylor Roe (Mile), Sivan Auerbach (1,000 Meters), Gabby Hentemann (3,000 Meters)

2022 - BIG 12

1. Texas	136
2. Texas Tech	124
3. Oklahoma State	123
4. Baylor	76.5
5. Oklahoma	73
6. Iowa State	60
7. Kansas State	56
8. Kansas	44
9. TCU	27.5
10. West Virginia	21

OSU Champs: Taylor Roe (Mile & 3,000 Meters), DMR (Roe, Dixon, Travers, Ramirez)

2023 - BIG 12

1. Oklahoma State	**146**
2. Texas	136.5
3. Oklahoma	99.5
4. Texas Tech	93.5
5. Iowa State	59
6. Baylor	57
7. Kansas	54.5
8. Kansas State	38
9. West Virginia	37
10. TCU	20

OSU Champs: Ariadni Adamopoulou (Pole Vault), Billah Jepkirui (Mile), Taylor Roe (5,000 Meters), DMR (Galvydyte, A. Scott, Politza, Jepkirui)

2024 - BIG 12

1. Texas	135
2. Texas Tech	104
3. Oklahoma State	103.5
4. BYU	71
5. Baylor	44
6. Kansas	41
7. TCU	40
8. Iowa State	38
9. Oklahoma	35
10. Kansas State	33.5
11. Houston	33
12. West Virginia	24
13. UCF	21
14. Cincinnati	17

OSU Champs: Sivan Auerbach (1,000 Meters), Winny Bii (Triple Jump), Billah Jepkirui (Mile), Taylor Roe (5,000 Meters)

2025 - BIG 12

1. Texas Tech	113.5
2. BYU	72
3. Baylor	64
4. West Virginia	56
T5. Iowa State	55
T5. TCU	55
7. Arizona	52
8. Kansas State	43.5
T9. Cincinnati	40
T9. Oklahoma State	40
T11. Kansas	38
T11. UCF	38
13. Arizona State	31
14. Houston	20
15. Utah	13
16. Colorado	10

OSU Champs: None

Indoor School Records

60 Meters

1.	7.22	Aaliyah Birmingham	Big 12 Championships	2020
2.	7.54	Kira White	Razorback Invitational	2017
3.	7.58	Tori Ortiz	Big 12 Championships	2021
4.	7.63	Sherita Jackson	Big 12 Championships	1999
T5.	7.65	Brooke Givens	Big 12 Championships	2020
T5.	7.65	Britney Presley	KSU WIldcat Invite	2014
T5.	7.65	Lexie Lewis	Arkansas Twilight	2017
8.	7.67	Lilly Ray	Steve Miller Invitational	2025
9.	7.67	Ansley Scott	Razorback Invitational	2024
10.	7.69	Natasha Santee	Tyson Invitational	2000

200 Meters

1.	23.25	Sherita Jackson	Bank of Fayetteville Invite	1999
2.	23.94	TracyAnn Baker	Big 12 Championships	1997
3.	24.11	Christina Ollison	Big 12 Championships	2021
4.	24.20	Aaliyah Birmingham	Razorback Invitational	2019
5.	24.26	Kessiah Bemis	Arkansas Qualifier	2024
6.	24.31	Brooke Givens	Big 12 Championships	2021
T7.	24.50	Rosa Baker	Oklahoma Track Classic	1990
T7.	24.50	Stacy Clack	Big 8 Championships	1990
9.	24.70	Natasha Santee	Big 12 Championships	2000
10.	24.79	Megan Harris	Big 12 Championships	2018

400 Meters

1.	53.15	Aaliyah Birmingham	Big 12 Championships	2020
2.	53.38	Leisa Davis-Knowles	Big 8 Championships	1986
3.	53.95	Christina Ollison	Arkansas Qualifier	2022
4.	54.02	Tamara Woodley	Texas Tech Shootout	2022
5.	54.28	Ansley Scott	Tyson Invitational	2025
6.	54.55	Jinah Mickens-Malik	Arkansas Qualifier	2025
7.	54.85	Alison Erzinger	Washington Invitational	2005
8.	54.94	Tori Ortiz	Big 12 Championships	2021
9.	54.97	Nicolette Dixon	Big 12 Championships	2019
10.	55.54	Kessiah Bemis	Big 12 Championships	2024

600 Yards

1.	1:19.25	Jinah Mickens-Malik	Big 12 Championships	2025
2.	1:19.41	Tamara Woodley	Big 12 Championships	2024
3.	1:20.41	Leisa Davis-Knowles	Big 8 Championships	1985
4.	1:20.55	Isis Grant	Big 12 Championships	2025
5.	1:20.63	Tori Ortiz	Big 12 Championships	2023
6.	1:21.15	Amira Coleman	Big 12 Championships	2017
7.	1:21.32	Kalen Goodman	DeLoss Dodds Invitational	2025
8.	1:21.48	Ansley Scott	Big 12 Championships	2025
9.	1:21.78	Clara Nichols	Big 12 Championships	2013
10.	1:21.99	Nicolette Dixon	Big 12 Championships	2022

600 Meters

1.	1:28.48	Gabija Galvydyte	Arkansas Invitational	2024
2.	1:30.04	Tamara Woodley	Arkansas Invitational	2024
3.	1:30.95	Isis Grant	Arkansas Invitational	2024
4.	1:31.08	Kaylie Politza	Arkansas Invitational	2025
5.	1:31.18	Michaela Travers	Arkansas Invitational	2023
6.	1:31.53	Kaela Edwards	Arkansas vs. OSU Dual	2013
7.	1:31.65	Maddie Salek	Arkansas Invitational	2024
8.	1:31.94	Kaylee Dodd	Arkansas Invitational	2019
9.	1:32.04	Jinah Mickens-Malik	Arkansas Invitational	2023
10.	1:32.84	Kalen Goodman	Arkansas Invitational	2025

800 Meters

1.	2:01.07	Gabija Galvydyte	Big 12 Championships	2024
2.	2:02.21	Kaylie Politza	Big 12 Championships	2025
3.	2:03.46	Natalja Piliusina	Alex Wilson Invitational	2012
4.	2:03.48	Savannah Camacho	Alex Wilson Invitational	2016
5.	2:03.59	Kaela Edwards	NCAA Championships	2015
6.	2:04.52	Kaylee Dodd	Iowa State Classic	2018
7.	2:04.67	Billah Jepkirui	Big 12 Championships	2024
8.	2:05.25	Clara Nichols	Big 12 Championships	2016
9.	2:05.50	Madi Surber	Arkansas Qualifier	2025
10.	2:06.68	Andrene Thompson	NCAA Championships	1999

1,000 Meters

1.	2:40.79	Kaela Edwards	Holiday Inn Invitational	2017
2.	2:43.37	Sinclaire Johnson	Arkansas Invitational	2019
3.	2:43.65	Sivan Auerbach	Arkansas Invitational	2024
4.	2:43.98	Molly Sughroue	Arkansas Invitational	2019
5.	2:45.08	Grace Boone	Arkansas Invitational	2024
6.	2:45.67	Kaylie Politza	Arkansas Invitational	2025
7.	2:46.18	Abbie Hetherington	Big 12 Championships	2017
8.	2:46.55	Natalja Piliusina	Arkansas-OSU Dual	2013
9.	2:46.78	Ariane Ballner	Big 12 Championships	2018
10.	2:46.80	Gabija Galvydyte	Wooo Pig Classic	2021

Mile

1.	4:27.14	Billah Jepkirui	NCAA Championships	2024
2.	4:28.75	Kaela Edwards	Millrose Games	2017
3.	4:32.26	Natalja Piliusina	Husky Classic	2013
4.	4:32.84	Gabija Galvydyte	Boston U Season Opener	2023
5.	4:33.34	Sivan Auerbach	Razorback Invitational	2025
6.	4:33.56	Taylor Roe	Big 12 Championships	2022
7.	4:35.62	Sinclaire Johnson	UW Invitational	2019
8.	4:36.38	Mihaela Susa Alex	Wilson Last Chance	2010
9.	4:36.61	Maddie Salek	Eagle Elite Invitational	2024
10.	4:37.50	Christine McMiken	Daily Oklahoman Classic	1985

3,000 Meters

1.	8:49.08	Billah Jepkirui	Boston U Season Opener	2024
2.	8:51.60	Taylor Roe	Razorback Invitational	2024
3.	8:58.68	Christine McMiken	NCAA Championships	1985
4.	9:04.34	Gabby Hentemann	Razorback Invitational	2022
5.	9:06.27	Kaela Edwards	Husky Classic	2016
6.	9:07.47	Victoria Lagat	Razorback Invitational	2025
7.	9:10.53	Sinclaire Johnson	Husky Classic	2019
8.	9:10.83	Monika Juodeskaite	Husky Classic	2013
9.	9:13.47	Veronica Habrel	NCAA Championships	1987
10.	9:16.51	Mihaela Susa	Husky Classic	2011

5,000 Meters

1.	15:12.71	Taylor Roe	Eagle Elite Invitational	2024
2.	15:20.89	Molly Born	NCAA Championships	2024
3.	15:24.26	Natalie Cook	Boston U Season Opener	2023
4.	15:45.44	Gabby Hentemann	Husky Classic	2022
5.	15:52.75	Jackie Goodman	NCAA Championships	1989
6.	15:58.34	Felicity Milton	Husky Classic	2010
7.	16:06.86	Victoria Lagat	Big 12 Championships	2024
8.	16:12.28	Siri Alfheim	NCAA Championships	2002
9.	16:19.79	Monika Juodeskaite	Alex Wilson Invitational	2013
10.	16:20.43	Ingeborg Loevnes	Big 12 Championships	2016

60 Meter Hurdles

1.	8.14	Lora Davis		1985
T2.	8.57	Bailey Golden	Big 12 Championships	2023
T2	8.57	Katie Chapman	Big 12 Championships	2025
4.	8.65	Annie Molenhouse	Big 12 Championships	2025
5.	8.66	Maddie Meiner	DeLoss Dodds Invitational	2025
6.	8.76	Emily Hart	Big 12 Championships	2017
7.	8.82	Kessiah Bemis	DeLoss Dodds Invitational	2025
8.	8.83	Tiffani Davis	Frank Sevigne Invitational	1999
9.	8.89	Megan Mann	Texas Tech Shootout	2020
10.	8.91	Olivija Vaitaityte	Texas Tech Shootout	2022

Indoor School Records

4X400 Meter Relay

1.	3:36.22	T. Woodley, G. Galvydyte N. Dixon, C. Ollison	Big 12 Championships	2022
2.	3:37.56	T. Ortiz, T. Woodley, N. Dixon, C. Ollison	Razorback Invitational	2022
3.	3:37.68	A. Scott, M. Jackson J. Mickens-Malik, A. Molenhouse	Tyson Invitational	2025
4.	3:38.28	A. Scott, J. Mickens-Malik K. Politza, A. Molenhouse	Big 12 Championships	2025
5.	3:38.34	T. Ortiz, K. Ali, N. Dixon, C. Ollison	Big 12 Championships	2021
6.	3:39.06	K. Ali, C. Ollison, M. Travers, A. Birmingham	Texas Tech Shootout	2020
7.	3:39.19	T. Ortiz, T. Woodley K. Ali, A. Scott	Tyson Invitational	2023
8.	3:39.27	T. Woodley, G. Galvydyte A. Scott, T. Ortiz	Big 12 Championships	2023
9.	3:39.86	A. Birmingham, C. Ollison K. Ali, N. Dixon	Razorback Invitational	2020
10.	3:40.14	K. Ali, C. Ollison, G. Galvydyte, A. Birmingham	Big 12 Championships	2020

Distance Medley Relay

1.	10:47.20	B. Jepkirui, T. Woodley G. Galvydyte, T. Roe	Eagle Elite Invitational	2024
2.	10:50.65	G. Galvydyte, T. Woodley M. Salek, T. Roe	Arkansas Qualifier	2023
3.	10:55.01	M. Sughroue, N. Dixon, K. Dodd, Si. Johnson	NCAA Championships	2019
4.	10:57.33	G. Galvydyte, T. Woodley A. Lovnes, T. Roe	Razorback Invitational	2023
5.	10:57.54	G. Boone, T. Woodley M. Salek, S. Auerbach	NCAA Championships	2024
6.	10:57.60	G. Hentemann, C. Ollison S. Moss, T. Roe	Texas Tech Shootout	2021
7.	10:59.75	S. Auerbach, C. Ollison S. Moss, T. Roe	NCAA Championships	2021
8.	10:59.87	G. Galvydyte, C. Ollison S. Auerbach, T. Roe	Husky Classic	2022
9.	11:01.15	M. Sughroue, C. Nichols S. Camacho, K. Edwards	Razorback Invitational	2016
10.	11:01.55	A. Ballner, A. Wesley K. Dodd, M. Sughroue	Alex Wilson Invitational	2018

Pole Vault

1.	4.37m/14-4	Ariadni Adamopoulou	Texas Tech Shootout	2021
2.	4.09m/13-5	Lauren Smith	Tyson Invitational	2025
3.	3.98m/13-3.75	Anna Airault	Tyson Invitational	2023
4.	3.92m/12-10.25	Elissa Ray	Texas Tech Shootout	2021
5.	3.85m/12-7.5	Elliett Kulkin	Arkansas Qualifier	2018
6.	3.84m/12-7.25	Sarah Stair	Razorback Invitational	2023
7.	3.81m/12-6	Allie Stern	Red Raider Invitational	2020
8.	3.79m/12-5.25	Lauren Smith	Arkansas Invitational	2024
9.	3.45m/11-3.75	Brooke Bayles	J.D. Martin Invitational	2023
10.	3.36m/11-0.25	Calli Ray	Bob Timmons Challenge	2019

High Jump

1.	1.80m/5-10.75	Saara Hakanen	DeLoss Dodds Invitational	2024
2.	1.78m/5-10	Tammy Lienhard	AIAW Championships	1979
3.	1.76m/5-9.25	Bailey Golden	Big 12 Championships	2023
T4.	1.75m/5-8.75	Emily Rogers	Big 12 Championships	2018
T4.	1.75m/5-8.75	Maddie Meiner	NCAA Championships	2022
6.	1.74/5-8.5	Olivija Vaitaityte	Eagle Elite Invitational	2024
T7.	1.70m/5-7	Kileigh Mixon	DeLoss Dodds Invitational	2024
T7.	1.70m/5-7	Fenja Krohn	Don Kirby Invitational	2017
9.	1.69m/5-6.5	Denise Frank	Big 8 Championships	1989
10.	1.67m/5-5.75	Annie Molenhouse	DeLoss Dodds Invitational	2025

Long Jump

1.	6.25m/20-6.25	Bailey Golden	Big 12 Championships	2023
2.	6.10m/20-0.25	Winny Bii	Eagle Elite Invitational	2024
3.	6.09m/19-11.75	Ryan Roane	Texas Tech Shootout	2020
4.	6.00m/19-8.25	Melinda Jackson	Tyson Invitational	2000
5.	5.97m/19-7	Schuyler Wood-Hilderbrandt	Don Kirby Invitational	2018
6.	5.95m/19-6.25	Melody Vaughn		1998
7.	5.94m/19-5.75	Baiba Blumbaha	Missouri Southern Open	2008
8.	5.92m/19-5.25	Kessiah Bemis	Arkansas Invitational	2024
9.	5.91m/19-4.50	India Morgan	Big 12 Championships	2022
10.	5.90m/19-4.25	Clarissa Andrews	Razorback Invitational	2011

Triple Jump

1.	13.72m/45-0.25	Winny Bii	Eagle Elite Invitational	2024
2.	13.18m/43-3	Saara Hakanen	Texas Tech Shootout	2021
3.	13.01m/42-8.25	Paula Ogunbanjo	Tyson Invitational	2004
4.	12.86m/42-2.25	Viktoriia Sadokhina	Razorback Invitational	2014
5.	12.69m/41-7.5	Baiba Blumbaha	Big 12 Championships	2009
6.	12.64m/41-5.5	Clarissa Andrews	Razorback Invitational	2011
7.	12.62m/41-5	Ryan Roane	Big 12 Championships	2019
8.	12.57m/41-3	Melinda Jackson		1999
T9.	12.46m/40-10.5	Adrienne Crenshaw	Big 12 Championships	2003
T9.	12.46m/40-10.5	Zivile Siksnelyte	Big 12 Championships	2007

Shot Put

1.	17.63m/57-10.25	Chase Ealey	Tyson Invitational	2016
2.	16.16m/53-0.25	Halee Prickett	KSU All-Comers Meet	2003
3.	15.53m/50-11.5	Andrea Holloway	Big 12 Championships	1999
4.	15.26m/50-0.75	LaKendra Greathouse	KSU Invitational	2008
5.	15.24m/50-0	Ieva Zarankaite	Big 12 Championships	2017
6.	15.05m/49-4.5	Merritt Dietz	Big 12 Championships	2009
7.	14.45m/47-5	Katie Kehl	Big 12 Championships	2017
8.	14.36m/47-1.25	Joanne Rothery	Big 8 Championships	1985
9.	14.19m/46-6.75	Brooke Gritters	KSU All-Comers Meet	2013
10.	14.08m/46-2.5	Rachel Neaves	Razorback Invitational	2024

Weight Throw

1.	21.65m/71-0.5	Emma Robbins	Big 12 Championships	2025
2.	20.93m/68-8	Delissa McClain	Big 12 Championships	2005
3.	20.81m/68-3.75	Hannah Bradford	Razorback Invitational	2023
4.	20.42m/67-0	Johnna Orange	Big 12 Championships	2025
5.	19.39m/63-7.5	Chase Ealey	Big 12 Championships	2016
6.	19.16m/62-10.5	Rachel Neaves	Big 12 Championships	2025
7.	18.65m/61-2.25	Caitlin Way	Sooner Invitational	2013
8.	18.51m/60-8.75	Deleanor Kirkpatrick	Sooner Open	2008
9.	17.51m/57-5.5	Nancy Guillen	Oklahoma Invitational	1999
10.	17.49m/57-4.75	Jocelen Ruth	Big 12 Championships	2017

Pentathlon

1.	4,162	Olivija Vaitaityte	Razorback Invitational	2024
2.	4,136	Bailey Golden	Big 12 Championships	2023
3.	4,115	Maddie Meiner	Big 12 Championships	2022
4.	4,084	Annie Molenhouse	DeLoss Dodds Invitational	2025
5.	3,706	Kessiah Bemis	DeLoss Dodds Invitational	2024
6.	3,678	Katie Chapman	DeLoss Dodds Invitational	2025
7.	3,498	Melody Vaughn	Big 12 Championships	1998
8.	3,476	Tihana Sarac	Big 12 Championships	2008
9.	3,475	Megan Mann	Big 12 Championships	2020
10.	3,269	Jayden Fiebiger	Herm Wilson Invitational	2023

Outdoor History

OLYMPIANS

Year	Athlete	Country	Event	Finish
1988	Christine McMiken	New Zealand	10,000 Meters	23rd
2016	Ingeborg Lovnes	Norway	Steeplechase	23rd
2024	Chase Jackson (Ealey)	United States	Shot Put	17th
2024	Ariadni Adamopoulou	Greece	Pole Vault	20th
2024	Ieva Gumbs (Zarankaite)	Lithuania	Discus Throw	22nd
2024	Gabija Galvydyte	Lithuania	800 Meters	25th

WORLD ATHLETICS CHAMPIONSHIPS QUALIFIERS

Year	Athlete	Country	Event	Finish
1987	Christine McMiken	New Zealand	10,000 Meters	14th
2009	Mary Davies	New Zealand	Marathon	34th
2013	Mary Davies	New Zealand	Marathon	37th
2019	Chase Jackson (Ealey)	United States	Shot Put	7th
2022	**Chase Jackson (Ealey)**	**United States**	**Shot Put**	**1st**
2022	Sinclaire Johnson	United States	1,500 Meters	6th
2022	Ieva Gumbs (Zarankaite)	Lithuania	Discus Throw	25th
2023	**Chase Jackson (Ealey)**	**United States**	**Shot Put**	**1st**
2023	Ieva Gumbs (Zarankaite)	Lithuania	Discus Throw	14th
2023	Sinclaire Johnson	United States	1,500 Meters	22nd
2023	Gabija Galvydyte	Lithuania	800 Meters	29th
2023	Kaela Edwards	United States	800 Meters	48th
2025	Chase Jackson (Ealey)	United States	Shot Put	2nd
2025	Gabija Galvydyte	Lithuania	800 Meters	12th
2025	Sinclaire Johnson	United States	1,500 Meters	13th
2025	Gabija Galvydyte	Lithuania	1,500 Meters	16th
2025	Taylor Roe	United States	10,000 Meters`	18th
2025	Ieva Gumbs (Zarankaite)	Lithuania	Discus Throw	22nd
2025	Ariadni Adamopoulou	Greece	Pole Vault	24th

(BOLD) = Indicates World Champion

TRACK & FIELD COACHING HISTORY

1979-1982	Dorsey Reirdon
1983-1994	Dick Weis
1995-2002	Catrina Acosta
2003-2008	Rene Sepulveda
2009-present	Dave Smith

USTFCCCA PROGRAM OF THE YEAR FINISHES

(Scored at all three Championships)

Year	Place	Points	Coach
2010-11	14th	95 points	Coach Dave Smith
2011-12	15th	112.5 points	Coach Dave Smith
2012-13	13th	95 points	Coach Dave Smith
2015-16	3rd	29.5 points	Coach Dave Smith
2016-17	15th	106 points	Coach Dave Smith
2018-19	12th	79 points	Coach Dave Smith
2021-22	8th	49 points	Coach Dave Smith
2022-23	8th	48.5 points	Coach Dave Smith
2023-24	4th	25.5 points	Coach Dave Smith

NCAA OUTDOOR CHAMPIONSHIPS APPEARANCES

(Scored at Meet)

1984	T45th	8 points
1985	T16th	16 points
1986	16th	16 points
1987	T44th	4 points
1988	22nd	11 points
1989	14th	16 points
1990	T63rd	1 point
1991	T46th	4 points
1992	T25th	8 points
1997	T38th	5 points
2001	T40th	5 points
2002	T29th	8 points
2005	T44th	6 points
2006	T37th	6 points
2011	T34th	8 points
2012	T50th	4 points
2013	T25tth	10 points
2015	T35th	6 points
2016	12th	24 points
2017	48th	4 points
2019	T22nd	12 points
2022	T15th	15 points
2023	T22nd	12 points
2024	14th	23 points
2025	T46th	5 points

Gabija Galvydyte competed at the 2024 Olympic Games in Paris, breaking the school record in the 800 Meters with her time of 1:59.18.

Outdoor History

NCAA OUTDOOR INDIVIDUAL CHAMPIONS

1989	Jackie Goodman	10,000 Meters	33:42.35
2013	Natalja Piliusina	1,500 Meters	4:13.25
2019	Sinclaire Johnson	1,500 Meters	4:05.98

BOWERMAN AWARD SEMIFINALIST

2019	Sinclaire Johnson

USTFCCCA MIDWEST REGION OUTDOOR TRACK ATHLETE OF THE YEAR

2019	Sinclaire Johnson
2022	Taylor Roe
2024	Gabija Galvydyte

OUTDOOR BIG 12 PERFORMER OF THE YEAR

2006	Mary Davies

OUTDOOR BIG 12 OUTSTANDING FRESHMAN

2023	Billah Jepkirui

OUTDOOR BIG 12 ATHLETE OF THE WEEK

May 6, 2015	Natalja Piliusina
April 5, 2017	Savannah Camacho
April 12, 2023	Bailey Golden
April 10, 2024	Bailey Golden
April 2, 2025	Emma Robbins
April 9, 2025	Annie Molenhouse

OUTDOOR ALL-AMERICANS

Year	Athlete	Event	Finish	Award
1975	Suzie Winningham	100 Meters	4th	First Team
1984	Christine McMiken	5,000 Meters	5th	First Team
1984	Christine McMiken	10,000 Meters	2nd	First Team
1985	Leisa Davis-Knowles	400 Meter Hurdles	5th	First Team
1985	Christine McMiken	10,000 Meters	2nd	First Team
1986	Leisa Davis-Knowles	400 Meter Hurdles	2nd	First Team
1986	Christine McMiken	10,000 Meters	2nd	First Team
1986	Justine Craig	400 Meter Hurdles	9th	Hon. Mention
1987	Jackie Goodman	5,000 Meters	5th	First Team
1988	Laverne Clark	Triple Jump	5th	First Team
1988	Jackie Goodman	5,000 Meters	2nd	First Team
1989	**Jackie Goodman**	**10,000 Meters**	**1st**	**First Team**
1989	Jackie Goodman	5,000 Meters	3rd	First Team
1991	Donna Levy	5,000 Meters	5th	First Team
1992	Donna Levy	10,000 Meters	2nd	First Team
1997	Jenny Framme	3,000 Meters	7th	First Team
1997	TracyAnn Baker	200 Meters	9th	First Team
1997	Sherita Jackson	100 Meters	12th	Hon. Mention
1997	TracyAnn Baker	100 Meters	14th	Hon. Mention
1997	Sherita Jackson	200 Meters	18th	Hon. Mention
1999	Hanna Smedstad	5,000 Meters	13th	Hon. Mention
1999	Nancy Guillen	Hammer Throw	16th	Hon. Mention
2000	Hanna Smedstad	5,000 Meters	16th	Hon. Mention
2001	Sara Wells	10,000 Meters	4th	First Team
2001	Siri Alfheim	5,000 Meters	19th	Hon. Mention
2002	Siri Alfheim	5,000 Meters	2nd	First Team
2005	Delissa McLain	Hammer Throw	5th	First Team
2005	Mary Davies	10,000 Meters	8th	First Team
2005	Halee Prickett	Shot Put	8th	First Team
2005	Barbora Kuncova	3,000m Steeplechase	12th	Hon. Mention
2005	Alison Erzinger	400 Meter Hurdles	14th	Hon. Mention
2005	Paula Ogunbanjo	Triple Jump	18th	Hon. Mention
2006	Mary Davies	10,000 Meters	3rd	First Team
2006	Eva Tomankova	3,000m Steeplechase	26th	Hon. Mention
2008	Tone Hjalmarsen	5,000 Meters	17th	Hon. Mention
2008	Mihaela Susa	5,000 Meters	27th	Hon. Mention
2009	Baiba Blumbaha	Triple Jump	23rd	Hon. Mention
2009	Merritt Dietz	Discus Throw	25th	Hon. Mention
2010	Mihaela Susa	1,500 Meters	14th	Hon. Mention
2010	Clarissa Andrews	Triple Jump	23rd	Hon. Mention
2011	Natalja Piliusina	800 Meters	2nd	First Team
2011	Tone Hjalmarsen	10,000 Meters	14th	Second Team
2012	Toni Young	High Jump	5th	First Team
2012	Natalja Piliusina	1,500 Meters	10th	Second Team
2012	Kate Kujawa	3,000m Steeplechase	18th	Hon. Mention
2013	**Natalja Piliusina**	**1,500 Meters**	**1st**	**First Team**
2014	Monika Juodeskaite	5,000 Meters	20th	Hon. Mention
2015	Natalja Piliusina	1,500 Meters	4th	First Team
2015	Savannah Camacho	800 Meters	8th	First Team
2015	Kaela Edwards	800 Meters	22nd	Hon. Mention
2016	Aurora Dybedokken	5,000 Meters	2nd	First Team
2016	Chase Ealey	Shot Put	2nd	First Team
2016	Ingeborg Loevnes	3,000m Steeplechase	4th	First Team
2016	Kaela Edwards	1,500 Meters	6th	First Team
2016	Savannah Camacho	800 Meters	14th	Second Team
2017	Kaylee Dodd	800 Meters	5th	First Team
2017	Kaela Edwards	1,500 Meters	15th	Second Team
2017	Ieva Zarankaite	Discus Throw	20th	Hon. Mention
2018	Molly Sughroue	1,500 Meters	13th	Second Team
2018	Sinclaire Johnson	1,500 Meters	24th	Hon. Mention
2019	**Sinclaire Johnson**	**1,500 Meters**	**1st**	**First Team**
2019	Jennifer Celis-Martinez	1,500 Meters	7th	First Team
2019	Molly Sughroue	1,500 Meters	11th	Second Team
2019	Aaliyah Birmingham	400 Meters	23rd	Hon. Mention
2021	Kaytlyn Larson	800 Meters	12th	Second Team
2021	Aaliyah Birmingham	400 Meters	13th	Second Team
2021	Kalaya Ali	4x400 Meter Relay	14th	Second Team
2021	Aaliyah Birmingham	4x400 Meter Relay	14th	Second Team
2021	Nicolette Dixon	4x400 Meter Relay	14th	Second Team
2021	Christina Ollison	4x400 Meter Relay	14th	Second Team
2021	Stephanie Moss	800 Meters	17th	Hon. Mention
2021	Sivan Auerbach	800 Meters	18th	Hon. Mention
2021	Gabby Hentemann	5,000 Meters	24th	Hon. Mention
2022	Gabija Galvydyte	800 Meters	3rd	First Team
2022	Taylor Roe	5,000 Meters	3rd	First Team
2022	Gabby Hentemann	10,000 Meters	6th	First Team
2022	Bailey Golden	Heptathlon	15th	Second Team
2022	Olivija Vaitaityte	Heptathlon	20th	Hon. Mention
2023	Gabija Galvydyte	800 Meters	2nd	First Team
2023	Billah Jepkirui	1,500 Meters	5th	First Team
2023	Molly Born	10,000 Meters	13th	Second Team
2023	Bailey Golden	Heptathlon	13th	Second Team
2024	Gabija Galvydyte	800 Meters	3rd	First Team
2024	Taylor Roe	10,000 Meters	3rd	First Team
2024	Molly Born	10,000 Meters	4th	First Team
2024	Bailey Golden	Heptathlon	6th	First Team
2024	Taylor Roe	5,000 Meters	6th	First Team
2024	Winny Bii	Triple Jump	12th	Second Team
2024	Gabby Hentemann	10,000 Meters	13th	Second Team
2024	Olivija Vaitaityte	Heptathlon	16th	Second Team
2025	Emma Robbins	Hammer Throw	4th	First Team
2025	Annie Molenhouse	Heptathlon	12th	Second Team
2025	Isca Chelangat	5,000 Meters	15th	Second Team
2025	Kaylie Politza	800 Meters	22nd	Hon. Mention
2025	Josphine Mwaura	10,000 Meters	22nd	Hon. Mention

OUTDOOR CONFERENCE MEET HISTORY

1974	Big 8	3rd	62 points
1975	Big 8	3rd	50 points
1976	Big 8	6th	17 points
1977	Big 8	8th	4 points
1978	Big 8	8th	15 points
1979	Big 8	8th	35 points
1980	Big 8	8th	3 points
1981	Big 8	8th	6 points
1982	Big 8	8th	15 points
1983	Big 8	8th	18 points
1984	Big 8	7th	20 points
1985	Big 8	7th	35 points
1986	Big 8	3rd	76 points
1987	Big 8	5th	56 points
1988	Big 8	5th	40 points
1989	Big 8	6th	41 points

Outdoor History

1990	Big 8	5th	60 points
1991	Big 8	8th	8 points
1992	Big 8	8th	10 points
1993	Big 8	8th	6 points
1994	Big 8	7th	10 points
1995	Big 8	8th	18.5 points
1996	Big 8	8th	29.2 points
1997	Big 12	11th	34 points
1998	Big 12	12th	15 points
1999	Big 12	8th	44 points
2000	Big 12	10th	29 points
2001	Big 12	12th	6 points
2002	Big 12	12th	19 points
2003	Big 12	12th	11 points
2004	Big 12	12th	26 points
2005	Big 12	7th	55 points
2006	Big 12	9th	39 points
2007	Big 12	12th	22 points
2008	Big 12	11th	17 points
2009	Big 12	11th	22 points
2010	Big 12	12th	11 points
2011	Big 12	11th	12 points
2012	Big 12	10th	38 points
2013	Big 12	10th	33 points
2014	Big 12	7th	54 points
2015	Big 12	7th	62 points
2016	Big 12	6th	74 points
2017	Big 12	8th	48 points
2018	Big 12	8th	43 points
2019	Big 12	8th	48 points
2021	Big 12	4th	87.5 points
2022	Big 12	6th	55 points
2023	Big 12	5th	80 points
2024	Big 12	4th	75.5 points
2025	Big 12	6th	52.5 points

OUTDOOR CONFERENCE CHAMPIONS

1974	Suzie Winningham	Big 8	100 Yard Hurdles	15.3
1974	4x100 meter relay	Big 8	4x100 Meter Relay	50.6
1974	Marilyn Linsenmeyer	Big 8	400 Meter Hurdles	1:04.1
1974	Marilyn Linsenmeyer	Big 8	High Jump	5-4
1975	Suzie Winningham	Big 8	100 Yard Hurdles	14.7
1979	Karen Bridges	Big 8	10,000 Meters	35:07.42
1979	Debbie Smallwood	Big 8	Javelin Throw	149-11.5
1982	Debbie Smallwood	Big 8	Javelin Throw	146-8
1984	Christine McMiken	Big 8	10,000 Meters	33:47.68
1985	Leisa Davis	Big 8	400 Meter Hurdles	57.75
1985	Christine McMiken	Big 8	5,000 Meters	16:40.62
1986	Leisa Davis-Knowles	Big 8	100 Meters	11.65
1986	Leisa Davis-Knowles	Big 8	400 Meter Hurdles	56.88
1986	Veronica Haberl-Martin	Big 8	1,500 Meters	4:24.79
1986	Christine McMiken	Big 8	3,000 Meters	9:31.40
1986	Christine McMiken	Big 8	5,000 Meters	16:47.77
1987	Justine Craig	Big 8	800 Meters	2:05.06
1988	Jackie Goodman	Big 8	3,000 Meters	9:33.95
1988	Jackie Goodman	Big 8	5,000 Meters	16:44.93
1988	Laverne Clarke	Big 8	Triple Jump	42-10.25
1989	Jackie Goodman	Big 8	5,000 Meters	16:18.33
1989	Jackie Goodman	Big 8	10,000 Meters	34:34.75
1990	4x100 meter relay	Big 8	4x100 Meter Relay	45.57
1992	Donna Levy	Big 8	10,000 Meters	34:35.76
1997	Hanna Smedstad	Big 12	5,000 Meters	17:06.85
2004	Valentina Medina	Big 12	1,500 Meters	4:26.14
2005	Barbora Kuncova	Big 12	3,000 Meter Steeplechase	10:14.89
2005	Delissa McLean	Big 12	Hammer Throw	61.04m
2006	Mary Davies	Big 12	3,000 Meter Steeplechase	10:09.42
2006	Mary Davies	Big 12	5,000 Meters	16:16.54
2006	Mary Davies	Big 12	10,000 Meters	33:28.68
2011	Natalja Piliusina	Big 12	800 Meters	2:05.57
2012	Natalja Piliusina	Big 12	800 Meters	2:05.23
2013	Natalja Piliusina	Big 12	800 Meters	2:03.99
2014	Viktoriia Sadokhina	Big 12	Triple Jump	13.35m
2015	Savannah Camacho	Big 12	800 Meters	2:10.18
2015	Natalja Piliusina	Big 12	1,500 Meters	4:26.70
2016	Aurora Dybdokken	Big 12	1,500 Meters	4:21.72
2016	Ingeborg Loevnes	Big 12	3,000m Steeplechase	10:17.22
2017	Savannah Camacho	Big 12	800 Meters	2:09.44
2017	Kaela Edwards	Big 12	1,500 Meters	4:33.10
2018	Ariane Ballner	Big 12	1,500 Meters	4:28.89
2019	Aaliyah Birmingham	Big 12	400 Meters	51.51
2019	Sinclaire Johnson	Big 12	800 Meters	2:04.79
2019	Molly Sughroue	Big 12	1,500 Meters	4:18.57
2021	Kelsey Kehl	Big 12	Javelin Throw	50.03m
2022	Taylor Roe	Big 12	1,500 Meters	4:17.00
2022	Gabby Hentemann	Big 12	10,000 Meters	34:18.58
2023	Gabija Galvydyte	Big 12	800 Meters	2:03.66
2023	Billah Jepkirui	Big 12	1,500 Meters	4:15.74
2024	Gabby Hentemann	Big 12	10,000 Meters	34:31.91
2024	Gabija Galvydyte	Big 12	800 Meters	2:00.42
2024	Molly Born	Big 12	5,000 Meters	16:13.77
2025	Annie Molenhouse	Big 12	Heptathlon	5,729 pts.

MOST INDIVIDUAL BIG 8/12 OUTDOOR TITLES

Natalja Piliusina	4
Christine McMiken	4
Jackie Goodman	4
Mary Davies	3
Leisa Davis-Knowles	3
Savannah Camacho	2
Debbie Smallwood	2
Suzie Winningham	2
Marilyn Linsenmeyer	2
Gabby Hentemann	2
Gabija Galvydyte	2

MULTIPLE INDIVIDUAL BIG 8/12 OUTDOOR TITLES IN ONE SEASON

Mary Davies (2006)	3
Jackie Goodman (1989)	2
Jackie Goodman (1988)	2
Christine McMiken (1986)	2
Leisa Davis-Knowles (1986)	2
Marilyn Linsenmeyer (1974)	2

MOST POINTS SCORED AT BIG 12 OUTDOOR CONFERENCE MEET (CAREER)

1. Mary Davies (2005-06)	42
2. Natalja Piliusina (2011-13, 2015)	40
3. Gabija Galvydyte (2022-24)	32.75
4. Chase Ealey (2013-16)	30
5. Gabby Hentemann (2021-22, 2024)	28
6. Bailey Golden (2021-24)	26
7. Ingeborg Loevnes (2015-16)	24
8. Molly Born (2019, 2021, 2023-24)	24
9. Savannah Camacho (2014-17)	22.25
T10. Taylor Roe (2022-23)	21
T10. Olivija Vaitaityte (2022-25)	21
12. Molly Sughroue (2016-19)	18
13. Billah Jepkirui (2023-24)	17
14. Kaela Edwards (2015, 2017	16.25
15. Sinclaire Johnson (2017-19)	16

MOST POINTS SCORED AT BIG 12 OUTDOOR CONFERENCE MEET (SEASON)

1. Mary Davies (2006)	30
2. Ingeborg Loevnes (2016)	16
T3. Mary Davies (2005)	12
T3. Aaliyah Birmingham (2019)	12
T3. Merritt Dietz (2009)	12
6. Aaliyah Birmingham (2021)	11.5
T7. Taylor Roe (2023)	11
T7. Gabija Galvydyte (2023)	11
9. Annie Molenhouse (2025)	10.5
10. Savannah Camacho (2017)	10.25

Outdoor School Records

100 Meters

1.	11.31	Aaliyah Birmingham	Arkansas Twilight	2021
2.	11.34	TracyAnn Baker	Texas Relays	1997
3.	11.50	Leisa Davis-Knowles	Big 8 Championships	1985
T4.	11.60	Christy Dye	Don Kirby Invitational	1996
T4.	11.60	Natasha Santee		1999
6.	11.62	Sherita Jackson	Texas Relays	1999
7.	11.71	LaToyia Hinds		1998
8.	11.82	Britney Presley	Big 12 Championships	2014
9.	11.83	Megan Harris	Big 12 Championships	2017
10.	11.85	Kira White	Big 12 Championships	2017

200 Meters

1.**	23.14**	Aaliyah Birmingham	Big 12 Championships	2021
1.	23.19	TracyAnn Baker	Mt SAC Relays	1997
2.	23.22	Aaliyah Birmingham	Big 12 Championships	2021
3.	23.25	Stacy Clack	Texas Relays	1990
4.	23.27	Sherita Jackson	Big 12 Championships	1997
5.	23.91	Annie Molenhouse	Jim Click Shootout	2025
6.	23.85	Leisa Davis-Knowles	LSU Invitational	1986
7.	24.03	Megan Harris	Big 12 Championships	2017
8	24.12	Kessiah Bemis	Jim Click Shootout	2025
9.	24.18	Christina Ollison	Texas Invitational	2021
10.	24.19	Brooke Givens	Baylor Invitational	2022

400 Meters

1.	51.51	Aaliyah Birmingham	Big 12 Championships	2019
2.	52.26	Leisa Davis-Knowles	Kansas Relays	1986
3.	53.11	Christina Ollison	Texas Invitational	2021
4.	53.33	Tamara Woodley	Big 12 Championships	2024
5.	53.68	Nicolette Dixon	Texas Invitational	2021
6.	53.97	Nicki Brackeen	Big 8 Championships	1990
7.	53.99	Ansley Scott	Arkansas Spring Invitational	2025
8.	54.42	Gabija Galvydyte	Lithunanian Championships	2023
9.	54.50	Amira Coleman	National Relay Championship	2018
10.	54.62	Tori Ortiz	Big 12 Championships	2022

100 Meter Hurdles

1.	13.38	Rosa Baker	NCAA Championships	1989
2.	13.76	Bailey Golden	Jim Click Shootout	2024
3.	13.82	Katie Chapman	Arkansas Twilight	2025
4.	13.89	Doris Williams	Big 8 Championships	1991
5.	13.94	Tiffany Davis	Big 12 Championships	1999
6.	13.97	Tracie White	Big 8 Championships	1985
7.	13.98	Annie Molenhouse	Arkansas Twilight	2025
8.	14.05	Emily Hart	Arkansas Twilight	2017
9.	14.10	Vicki Cleveland	Ralph Higgens Meet	1981
10.	14.20	Vicki Fretwell	Texas Relays	1982

400 Meter Hurdles

1.	55.70	Leisa Davis-Knowles	NCAA Championships	1985
2.	57.79	Kalen Goodman	Big 12 Championships	2025
3.	58.33	Alison Erzinger	NCAA Championships	2005
4.	58.64	Justine Craig	Texas Relays	1986
5.	59.05	Michaela Travers	Tom Jones Memorial	2023
6.	1:00.21	Bailey Johnson	Big 12 Championships	2014
7.	1:00.72	Sherita Jackson	Big 8 Championships	1996
8.	1:01.39	Brilee Payne	Arkansas Spring Invitational	2025
9.	1:01.54	Sarah Robinson	Big 12 Championships	2016
10.	1:01.59	Madi Surber	Jim Click Shootout	2023

800 Meters

1.	1:59.18	Gabija Galvydyte	XXXIII Olympic Games	2024
2.	2:00.43	Sinclaire Johnson	Sunset Tour	2019
3.	2:00.94	Kaylie Politza	Portland Track Festival	2025
4.	2:01.59	Natalja Piliusina	World University Games	2013
5.	2:01.97	Kaela Edwards	Mt. SAC Relays	2016
6.	2:02.63	Billah Jepkirui	Arkansas Twilight	2024
7.	2:02.84	Savannah Camacho	Mt. SAC Relays	2014
8.	2:03.38	Kaylee Dodd	NCAA Championships	2017
9.	2:04.13	Sivan Auerbach	Austrian Open	2024
10.	2:04.29	Kaytlyn Larson	NCAA Championships	2021

1,500 Meters

1.	4:03.72	Sinclaire Johnson	USATF Outdoor Championships	2019
2.	4:08.60	Gabija Galvydyte	Portland Track Festival	2024
3.	4:08.93	Billah Jepkirui	Bryan Clay Invitational	2024
4.	4:09.36	Sivan Auerbach	IFAM Outdoor	2024
5.	4:09.51	Natalja Piliusina	Payton Jordan Invite	2012
6.	4:11.71	Kaela Edwards	Portland Track Festival	2017
7.	4:12.25	Jenny Celis-Martinez	Sunset Tour	2019
8.	4:12.26	Molly Sughroue	NCAA Championship	2018
9.	4:13.08	Mihaela Susa	Mt. SAC Relays	2010
10.	4:13.99	Taylor Roe	Joe Walker Invitational	2021

3,000 Meters

1.	9:03.32	Christine McMiken	Big 8 Championships	1986
2.	9:11.58	Monika Juodeskaite	Euro. Team Championships	2014
3.	9:16.80	Jenny Framme	NCAA Championships	1997
4.	9:17.50	Heather Garrett	NCAA Championships	1990
5.	9:25.16	Hanna Smedstad	Big 12 Championships	2000
6.	9:32.17	Siri Alfheim	UTA Invitational	2002
7.	9:38.13	Valentina Medina	UTA Invitational	2002
8.	9:40.37	Alexandra Lindquist	Texas Relays	2001
9.	9:47.24	Shelly Moore	Big 8 Championships	1995
10.	9:47.46	Kristine Helle	Arkansas Invite	2014

5,000 Meters

1.	15:15.37	Taylor Roe	U.S Olympic Trials	2024
2.	15:31.35	Isca Chelangat	Big 12 Championships	2025
3.	15:41.42	Jackie Goodman	NCAA Championships	1989
4.	15:41.75	Victoria Lagat	Stanford Invitational	2025
5.	15:45.66	Molly Born	U.S. Olympic Trials	2024
6.	15:45.70	Christine McMiken	NCAA Championships	1985
7.	16:00.32	Monika Juodeskaite	Mt. SAC Relays	2014
8.	16:00.47	Siri Alfheim	NCAA Championships	2002
9.	16:00.55	Gabby Hentemann	Big 12 Championships	2021
10.	16:00.81	Aurora Dybedokken	NCAA Championships	2016

10,000 Meters

1.	32:17.45	Taylor Roe	NCAA Championships	2024
2.	32:27.18	Molly Born	NCAA Championships	2024
3.	32:51.00	Christine McMiken	NCAA Championships	1986
4.	33:08.00	Mary Davies	NCAA Championships	2006
5.	33:17.48	Gabby Hentemann	Stanford Invitational	2023
6.	33:23.93	Monika Juodeskaite	Payton Jordan Invitational	2016
7.	33:42.35	Jackie Goodman	NCAA Championships	1989
8.	33:46.79	Sara Wells	Stanford Invitational	2001
9.	33:47.70	Barbora Kuncova	Stanford Invitational	2005
10.	33:49.32	Tone Hjalmarsen	NCAA Championships	2011

3,000 Meter Steeplechase

1.	9:43.97	Ingeborg Loevnes	Paavo Nurmi Games	2016
2.	10:07.31	Barbora Kuncova	NCAA Championships	2005
3.	10:09.42	Mary Davies	Big 12 Championships	2006
4.	10:15.55	Kate Kujawa	Stanford Invitational	2013
5.	10:17.86	Payton Hinkle	Payton Jordan Invitational	2023
6.	10:19.59	Taylor Roe	Arkansas Twilight	2021
7.	10:20.02	Michelle Prowse	Stanford Invitational	2005
8.	10:21.17	Eva Tomankova	Mt. SAC Relays	2008
9.	10:26.82	Molly Sughroue	Stanford Cardinal Classic	2017
10.	10:28.95	Cheyenne Walden	Big 12 Championships	2018

4x100 Meter Relay

1.	44.73	R. Baker, Brackeen, Clark, Jones	Big 8 Championships	1990
2.	45.03	Vaughn, T. Baker, Midkiff, Jackson	Big 12 Championships	1997
3.	45.45	N. Dixon, A. Birmingham C. Ollison, B. Givens	John Jacobs Invitational	2021
4.	45.63	Oklahoma State	Big 12 Championships	1999
5.	45.78	Dixon, Birmingham, L. Smith, K. White	Jim Click Shootout	2019
6.	45.83	Beamon, Dye, Vaughn, Jackson	John Jacobs Relays	1996
7.	45.97	S. Jackson, Santee, M. Jackson, Davis	Big 12 Championships	2000
8.	46.11	M. Harris, K. White, S. Fields, L. Lewis	Jim Click Shootout	2017
9.	46.16	M. Harris, K. White, L. Lewis, E. Hart	Big 12 Championships	2018
10.	46.19			1998

Outdoor School Records

4x400 Meter Relay

1.	3:33.16	C. Ollison, N. Dixon K. Ali, T. Woodley	Baylor Invitational	2022
2.	3:34.28	A. Birmingham, K. Ali T. Ortiz, C. Ollison	NCAA West Prelims	2021
3.	3:34.40	A. Scott, A. Molenhouse K. Goodman, J. Mickens-Malik	NCAA West Prelims	2025
4.	3:34.42	K. Ali, N. Dixon C. Ollison, A. Birmingham	Texas Invitational	2021
5.	3:34.72	T. Ortiz, N. Dixon, T. Woodley, C. Ollison	NCAA West Prelims	2022
6.	3:35.59	A. Scott, A. Molenhouse K. Goodman, J. Mickens-Malik	Oregon Team Invitational	2025
7.	3:35.85	A. Birmingham, N. Dixon, L. Smith, A. Coleman	Big 12 Championship	2019
8.	3:36.29	A. Scott, T. Woodley T. Ortiz, Y. Johnson	Tom Jones Memorial	2023
9.	3:36.51	A. Scott, T. Woodley G. Galvydyte, Y. Johnson	Big 12 Championships	2023
10.	3:36.55	A. Scott, G. Galvydyte T. Ortiz, T. Woodley	NCAA West Prelims	2023

High Jump

1.	1.87m/6-01.50	Toni Young	NCAA Championship	2012
2.	1.82m/6-11.5	Saara Hakanen	NCAA West Prelims	2021
3.	1.81m/5-11.25	Michelle Crowson	Ralph Higgens Meet	1987
4.	1.78m/5-10	Olivija Vaitaityte	NCAA Championships	2024
5.	1.77m/5-9.75	Bailey Golden	Jim Click Shootout	2023
6.	1.76m/5-9.25	Tammy Lienhard	Big 8 Championship	1979
7.	1.74m/5-8.5	Kileigh Mixon	Big 12 Championships	2025
T8.	1.72m/5-7.75	Maddie Meiner	Big 12 Championship	2021
T8.	1.72m/5-7.75	Emily Rogers	Big 12 Championship	2018
T8.	1.72m/5-7.75	Misty McMillian	Don Kirby Invitational	1996

Long Jump

1.	6.39m/20-11.75	Bailey Golden	Big 12 Championships	2023
2.	6.28m/20-7.25	Zeddy Chongwo	SMU Invitational	2025
3.	6.13m/20-1.25	Melinda Jackson	UTA Invitational	2000
T4.	6.08m/19-11.25	Cody Birk	NCAA Midwest Regional	2006
T4.	6.08m/19-11.25	Schuyler Wood-Hilderbrandt	John Jacobs Invitational	2019
T4.	6.08m/19-11.25	Saara Hakanen	TCU Invitational	2021
7.	6.07m/19-11	Melissa N'dibilo	UTA Invitational	2003
8.	6.02m/19-9	Moira Steyn	TCU Invitational	2007
T9.	6.01m/19-8.75	Stephanie Duff	UTA Invitational	2002
T9.	6.01m/19-8.75	Taylor Stolt	Tulsa Duels	2013

Triple Jump

**1.	13.73m/45-0.5	Winny Bii	NCAA West Prelims	2024
1.	13.64m/44-7.5	Winny Bii	African Games	2024
2.	13.17m/43-2.5	Saara Hakanen	John Jacobs Invitational	2021
3.	13.06m/42-10.25	Clarissa Andrews	NCAA West Regional	2010
4.	12.97m/42-6.75	Viktoriia Sadokhina	Big 12 Championship	2014
5.	12.95m/42-6	Baiba Blumbaha	NCAA Midwest Regionals	2009
6.	12.89m/42-3.5	Paula Ogunbanjo	Big 12 Championship	2005
7.	12.71m/41-8.5	Adrienne Crenshaw	John McDonnell Invite	2003
8.	12.70m/41-8	Živile Šikšnelyte	TCU Invitational	2007
9.	12.66m/41-6.5	Ryan Roane	National Relay Championship	2019
10.	12.65m/41-6	Melinda Jackson		1999

Shot Put

1.	18.46m/60-6.75	Chase Ealey	U.S.A. Olympic Trials	2016
2.	16.21m/53-2.25	Halee Prickett	Big 12 Championship	2005
3.	15.74m/51-7.75	Merritt Dietz	Big 12 Championship	2008
4.	15.56m/51-0.75	Ieva Zarankaite	NCAA West Regional	2017
5.	15.21m/49-10.75	Lakendra Greathouse	Sooner Invitational	2007
6.	14.57m/47-9.75	Rachel Neaves	Clyde Hart Classic	2023
7.	14.55m/47-9	Brooke Gritters	Big 12 Championship	2012
8.	14.44m/47-4.5	Katie Kehl	Big 12 Outdoor Championship	2017
9.	14.42m/47-3.75	Joanne Rothery	OU Invitational	1985
10.	14.23m/46-8.25	Katie Hamilton	John Jacobs Invitational	2009

Discus Throw

1.	56.18m/184-4	Merritt Dietz	Kansas Relays	2008
2.	54.62m/179-2.5	Ieva Zarankaite	Big 12 Outdoor Championship	2017
3.	53.68m/176-1	Hannah Bradford	John Jacobs Invitational	2023
4.	51.99m/170-7	Alina Roman	Big 12 Championship	2007
5.	48.91m/160-6	Brooke Gritters	Ward Haylett Invite	2011
6.	48.88m/160-4	Natalie Manders	Arkansas Twilight	2019
7.	47.90m/157-2	Courtney Gougler	Sooner Invitational	2009
8.	47.53m/155-11	Katie Kehl	Arkansas Spring Invitational	2016
9.	47.02m/154-3	Halee Pricket	Arkansas Invitational	2004
10.	46.87m/153-9	Baylor Nelson	Jim Click Shootout	2019

Hammer Throw

1.	70.02m/229-9	Emma Robbins	Mt. SAC Relays	2025
2.	65.53m/215-0	Rachel Neaves	Big 12 Championships	2025
3.	64.69m/212-3	Delissa McClain	NCAA West Preliminaries	2005
4.	61.55m/201-11	Johnna Orange	NCAA West Prelims	2025
5.	61.35m/201-3	Nancy Guillen		1999
6.	60.02m/196-11	Caitlin Way	Big 12 Championship	2013
7.	58.37m/191-6	Hannah Bradford	Clyde Hart Classic	2023
8.	57.11m/187-4	Deleanor Kirkpatrick	Nebraska Invitational	2008
9.	55.13m/180-10	Chase Ealey	Big 12 Championship	2016
10.	53.60m/175-10	Aina Maartensson	Big 12 Championship	2016

Javelin Throw

1.	50.57m/166-4	Kelsey Kehl	Texas Invitational	2021
2.	47.43m/155-7.0	Megan Honas	Tulsa Duels	2016
3.	46.80m/153-6	Chase Ealey	Big 12 Championship	2014
4.	45.40m/148-11	Micalah Millard	Jim Click Shootout	2023
5.	44.89m/147-3	Bailey Golden	Jim Click Shootout	2023
4.	44.76m/176-10	Ieva Zarankaite	Big 12 Championship	2014
6.	43.72m/143-5	Vanessa Wilhelm		1999
7.	42.81m/140-5	Bailey Golden	Big 12 Championship	2022
8.	42.57m/139-8	Olivija Vaitaityte	Baylor Invitational	2022
9	42.42m/139-2	Michaela Vasey	Big 12 Championship	2018
10.	41.72m/136-11	Brandi Broaddus	KT Woodman	2005

Pole Vault

1.	4.25m/13-11.25	Ariadni Adamopoulou	U-23 Greek Nationals	2020
2.	4.05m/13-3.5	Elissa Ray	Big 12 Championship	2021
3.	4.00m/13-1.5	Lauren Smith	Clyde Hart Classic	2025
4.	3.95m/12-11.5	Sarah Stair	Sooner Invitational	2023
5.	3.92m/12-10.25	Allie Stern	Big 12 Championship	2019
6.	3.78m/12-4.5	Anna Airault	Arkansas Twilight	2022
T7.	3.75m/12-3.5	Elliett Kulkin	Tulsa Duels	2018
T7.	3.75m/12-3.5	Megan Robbins	Texas Relays	1999
9	3.70m/12-1.5	Brooke Bayles	Clyde Hart Classic	2024
10.	3.35m/10-11.75	Meghan McGrath	ORU Invitational	2018

Heptathlon

1.	5,887 pts.	Bailey Golden	Jim Click Shootout	2024
2.	5,770 pts.	Olivija Vaitaityte	Big 12 Championship	2022
3.	5,729 pts.	Annie Molenhouse	Big 12 Championships	2025
4.	5,289 pts.	Katie Chapman	Jim Click Shootout	2024
5.	5,271 pts.	Maddie Meiner	Big 12 Championship	2021
6.	5,144 pts.	Kessiah Bemis	John Jacobs Invitational	2024
7.	5,125 pts.	Jamila Isman	Jim Click Shootout	2025
8.	5,057 pts.	Tihana Sarac	Mt. SAC Relays	2008
9.	4,639 pts.	Megan Mann	Big 12 Championship	2019
10.	4,594 pts.	Jayden Fiebiger	Sooner Invitational	2023

** Wind-aided mark. All-conditions school record

Outstanding Academic Performers

NCAA ELITE 90 AWARD

2023	Sivan Auerbach	Cross Country
2024	Sivan Auerbach	Cross Country

USTFCCCA All-Academic Team (Cross Country)

1996	Coach Catrina Acosta
1998	Coach Catrina Acosta
1999	Coach Catrina Acosta
2000	Coach Catrina Acosta
2003	Coach Rene Sepulveda
2004	Coach Rene Sepulveda
2005	Coach Rene Sepulveda
2006	Coach Rene Sepulveda
2007	Coach Rene Sepulveda
2008	Coach Rene Sepulveda
2009	Coach Dave Smith
2010	Coach Dave Smith
2011	Coach Dave Smith
2012	Coach Dave Smith
2013	Coach Dave Smith
2014	Coach Dave Smith
2015	Coach Dave Smith
2016	Coach Dave Smith
2017	Coach Dave Smith
2018	Coach Dave Smith
2019	Coach Dave Smith
2020	Coach Dave Smith
2021	Coach Dave Smith
2022	Coach Dave Smith
2023	Coach Dave Smith
2024	Coach Dave Smith

USTFCCCA All-Academic Individuals (Cross Country)

1995	Annie Forsberg
1998	Andrene Thompson
1998	Hanna Smedstad
1999	Hanna Smedstad
2000	Alexandra Lindquist
2000	Sara Wells
2001	Siri Alfheim
2002	Siri Alfheim
2004	Michelle Prowse
2004	Valentina Medina
2004	Mary Davies
2005	Michelle Prowse
2006	Baiba Blumbaha
2006	Hanna Holst
2006	Mateja Posavec
2006	Zivile Siksnelyte
2006	Moira Steyn
2006	Eva Tomankova
2010	Felicity Milton
2010	Natalja Piliusina
2012	Monika Juodeskaite
2013	Monika Juodeskaite
2015	Molly Sughroue
2015	Kaela Edwards
2015	Anna Boyert
2015	Natalie Baker
2015	Ingeborg Loevnes
2016	Kaela Edwards
2016	Michelle Magnani
2016	Molly Sughroue
2017	Kaylee Dodd
2017	Molly Sughroue
2018	Grace Baker
2018	Sinclaire Johnson
2018	Taylor Somers
2019	Molly Born
2019	Taylor Somers
2021	Molly Born
2021	Gabby Hentemann
2021	Taylor Roe
2022	Sivan Auerbach
2022	Natalie Cook
2022	Heidi Demeo
2022	Gabija Galvydyte
2022	Gabby Hentemann
2022	Taylor Roe
2023	Sivan Auerbach
2023	Molly Born
2023	Cayden Dawson
2023	Heidi Demeo
2023	Gabija Galvydyte
2023	Billah Jepkirui
2023	Taylor Roe
2024	Sivan Auerbach
2024	Colleen Stegmann

Academic All-Big 12 (Cross Country)

1996	Lena Echelle	First Team
1996	Michelle Fox	First Team
1996	Jenny Framme	First Team
1996	Jessica Franzen	First Team
1996	Nikki Roady	First Team
1996	Hanna Smedstad	First Team
1996	Tamara Dingley	Honorable Mention
1997	Karla Dennis	First Team
1997	Nikki Roady	First Team
1997	Hanna Smedstad	First Team
1997	Andrene Thompson	First Team
1997	Tamara Dingley	Honorable Mention
1998	Jennifer Koch	First Team
1998	Hanna Smedstad	First Team
1998	Andrene Thompson	First Team
1999	Karla Dennis	First Team
1999	Hanna Smedstad	First Team
2000	Alexandra Lindquist	First Team
2000	Sara Wells	First Team
2000	Shavon Young	Second Team
2001	Catherine Clifford	First Team
2001	Joanna Fedick	First Team
2001	Lindsay Hall	First Team
2001	Kristina Klos	First Team
2001	Alexandra Lindquist	First Team
2001	Marie Nilsson	First Team
2001	Siri Alfheim	Second Team
2001	Sara Kofoed	Second Team
2001	Sharalee Sparks	Second Team
2002	Siri Alfheim	First Team
2002	Lisa Bowles	First Team
2002	Laurel Catlett-King	First Team
2002	Johnnie-Ann Kuykendall	First Team
2002	Alexandra Lindquist	First Team
2002	Karin Nilsson	First Team
2002	Michelle Simecka	First Team
2002	Sharalee Sparks	First Team
2002	Catherine Clifford	Second Team
2002	Joanna Fedick	Second Team
2003	Lisa Bowles*	First Team
2003	Allison Erzinger	First Team
2003	Catherine Clifford	Second Team
2004	Lisa Bowles*	First Team
2004	Daryl Round	First Team
2004	Joanna Fedick	Second Team
2004	Svetlana Vasileva	Second Team
2005	Kim Blomkvist	First Team
2005	Mary Davies	First Team
2005	Brittany Hill	First Team
2005	Valentina Medina	First Team
2005	Michelle Prowse*	First Team
2005	Megan Sullivan	First Team
2005	Eva Tomankova	First Team
2005	Erin Dalbey	Second Team
2005	Barbora Kuncova	Second Team
2006	Nina Andersson	First Team
2006	Mary Barnett	First Team
2006	Kim Blomkvist	First Team
2006	Jennifer Clarke*	First Team
2006	Mary Davies	First Team
2006	Jenna Rae Downs	First Team
2006	Brittany Mason	First Team
2006	Eva Slavikova	First Team
2006	Meghan Sullivan	First Team
2006	Kalea Tam	First Team
2006	Eva Tomankova	First Team
2007	Anissa Angelosante	First Team
2007	Kim Blomkvist	First Team
2007	Tone Hjalmarsen	First Team
2007	Brittany Mason	First Team
2007	Leah Schroeder*	First Team
2007	Meghan Sullivan	First Team
2007	Eva Tomankova	First Team
2007	Maria Trejo	First Team
2007	Tihana Sarac	Second Team
2008	Tone Hjalmarsen	First Team
2008	Tihana Sarac	First Team
2008	Leah Schroeder	First Team
2009	Laura Heaton	First Team
2009	Teran Mixon	First Team
2009	Natalia Kovtun	First Team
2009	Leah Schroeder	First Team
2009	Victoria Fratczak	Second Team
2009	Tone Hjalmarsen	Second Team
2010	Brandi Andrews	First Team
2010	Victoria Fratczak	First Team
2010	Melanie Funke	First Team
2010	Laura Heaton	First Team
2010	Tone Hjalmarsen	First Team
2010	Kate Kujawa*	First Team
2010	Teran Mixon	First Team
2011	Brandi Andrews	First Team
2011	Jackie Campos	First Team
2011	Jori Davis	First Team
2011	Victoria Fratczak	First Team
2011	Caileigh Glenn*	First Team
2011	Laura Heaton	First Team
2011	Kate Kujawa	First Team
2011	Teran Mixon	First Team
2011	Melanie Funke	Second Team
2011	Natalja Piliusina	Second Team
2012	Jackie Campos	First Team
2012	Caileigh Glenn	First Team
2012	Victoria Hanna	First Team
2012	Monika Juodeskaite	First Team
2012	Kate Kujawa	First Team
2012	Taylor Light	First Team
2012	Natalja Piliusina	First Team
2012	Kendra Woodson	First Team
2013	Natalie Baker	First Team
2013	Kaela Edwards	First Team
2013	Ruth-Anne Hadjis	First Team
2013	Victoria Hanna	First Team
2013	Monika Juodeskaite	First Team
2013	Kate Kujawa	First Team
2013	Margaret Lees*	First Team
2013	Erika LaCroix	First Team
2013	Natalja Piliusina	First Team
2014	Natalie Baker	First Team
2014	Caileigh Glenn	First Team
2014	Adela Hofmannova	First Team
2014	Monika Juodeskaite	First Team
2014	Janelle Martinez	First Team

Outstanding Academic Performers

2014	Gintare Zenkeviciute	Second Team
2015	Natalie Baker	First Team
2015	Anna Boyert	First Team
2015	Savannah Camacho	First Team
2015	Kaela Edwards	First Team
2015	Abbie Hetherington	First Team
2015	Ingeborg Loevnes*	First Team
2015	Janelle Martinez	First Team
2015	Erin Megna	First Team
2015	Molly Sughroue	First Team
2016	Natalie Baker*	First Team
2016	Anna Boyert	First Team
2016	Savannah Camacho	First Team
2016	Jennifer Celis-Martinez	First Team
2016	Kaylee Dodd	First Team
2016	Kaela Edwards	First Team
2016	Clara Nichols	First Team
2016	Molly Sughroue	First Team
2016	Abbie Hetherington	Second Team
2016	Kaytlyn Larson	Second Team
2017	Ariane Ballner*	First Team
2017	Kambri Gabel	First Team
2017	Jennifer Celis-Martinez	First Team
2017	Danielle Coleman	First Team
2017	Kaylee Dodd	First Team
2017	Stephanie Ferrante*	First Team
2017	Haley Geissler	First Team
2017	Anna Gunter	First Team
2017	Kami Hankins	First Team
2017	Emily Helms	First Team
2017	Anna Hurlbut*	First Team
2017	Sarah Johnson*	First Team
2017	Sinclaire Johnson	First Team
2017	Michelle Magnani*	First Team
2017	Molly Sughroue	First Team
2017	Bailey Sutherlin	First Team
2017	Ambra Wesley	First Team
2017	Gintare Zenkeviciute	First Team
2017	Kaytlyn Larson	Second Team
2017	Kaci McCary	Second Team
2017	Kaylee Oyler	Second Team
2018	Grace Baker	First Team
2018	Ariane Ballner*	First Team
2018	Jenny Martinez	First Team
2018	Kaylee Dodd	First Team
2018	Kambri Gabel	First Team
2018	Haley Geissler	First Team
2018	Anna Gunter	First Team
2018	Kami Hankins	First Team
2018	Abbie Hetherington	First Team
2018	Sarah Johnson	First Team
2018	Sinclaire Johnson	First Team
2018	Moriah Moody	First Team
2018	Katherine Ruck	First Team
2018	Taylor Somers*	First Team
2018	Bailey Sutherlin	First Team
2018	Kaytlyn Larson	Second Team
2018	Rachel Norman	Second Team
2019	Ariane Baller*	First Team
2019	Molly Born	First Team
2019	Haley Geissler	First Team
2019	Anna Gunter	First Team
2019	Kami Hankins	First Team
2019	Kaytlyn Larson	First Team
2019	Montanna McAvoy	First Team
2019	Rachel Norman	First Team
2019	Kaylee Oyler	First Team
2019	Katherine Ruck*	First Team
2019	Maddie Salek*	First Team
2019	Taylor Somers*	First Team
2019	Bailey Sutherlin	First Team
2019	Elaina Noll	Second Team
2020	Ariane Ballner	First Team
2020	Molly Born	First Team
2020	Jayden Fiebiger	First Team
2020	Emily Forster	First Team
2020	Gabby Hentemann	First Team
2020	Mackenize Marler	First Team
2020	Moriah Moody	First Team
2020	Makayla Pate	First Team
2020	Taylor Roe	First Team
2020	Taylor Somers	First Team
2020	Claire Workman	First Team
2020	Rilee Rigdon	Second Team
2020	Maddie Salek	Second Team
2021	Sivan Auerbach*	First Team
2021	Molly Born	First Team
2021	Heidi Demeo*	First Team
2021	Emily Forster*	First Team
2021	Gabby Hentemann	First Team
2021	Stephanie Moss	First Team
2021	Taylor Roe	First Team
2021	Maddie Salek	First Team
2021	Taylor Somers*	First Team
2022	Sivan Auerbach	First Team
2022	Molly Born	First Team
2022	Natalie Cook	First Team
2022	Natalia Cleveland	First Team
2022	Heidi Demeo	First Team
2022	Emily Forster	First Team
2022	Gabija Galvydyte	First Team
2022	Gabby Hentemann	First Team
2022	Molly Humes	First Team
2022	Stephanie Moss	First Team
2022	Kennadi Price	First Team
2022	Krystal Rodriguez	First Team
2022	Taylor Roe	First Team
2022	Maddie Salek	First Team
2022	Taylor Somers	First Team
2022	Colleen Stegmann	First Team
2023	Katie Armstrong	First Team
2023	Sivan Auerbach*	First Team
2023	Linda Bakich	First Team
2023	Molly Born	First Team
2023	Cayden Brickman	First Team
2023	Cayden Dawson	First Team
2023	Heidi Demeo	First Team
2023	Gabija Galvydyte	First Team
2023	Gabby Hentemann	First Team
2023	Payton Hinkle	First Team
2023	Molly Humes*	First Team
2023	Billah Jepkirui	First Team
2023	Lilly Lavier	First Team
2023	Emma Lindsey	First Team
2023	Jinane Mahi*	First Team
2023	Cameron McConnell	First Team
2023	Aubrey O'Connell	First Team
2023	Abby Pickett	First Team
2023	Grace Ping	First Team
2023	Kaylie Politza	First Team
2023	Krystal Rodriguez	First Team
2023	Taylor Roe	First Team
2023	Maddie Salek*	First Team
2023	Kevriana Scott*	First Team
2023	Madi Surber	First Team
2023	Zoie Kiddy	Second Team
2023	Jinah Mickens-Malik	Second Team
2024	Katie Armstrong	First Team
2024	Sivan Auerbach*	First Team
2024	Cayden Brickman	First Team
2024	Emily Carter*	First Team
2024	Cayden Dawson*	First Team
2024	Payton Hinkle	First Team
2024	Lilly Lavler*	First Team
2024	Emma Lindsey*	First Team
2024	Jinane Mahi	First Team
2024	Cameron McConnell	First Team
2024	Mackenzie Michael*	First Team
2024	Aubrey O'Connell*	First Team
2024	Abby Pickett	First Team
2024	Grace Ping	First Team
2024	Lauren Ping	First Team
2024	Krystal Rodriguez	First Team
2024	Mandeep Sangha	First Team
2024	Kevriana Scott	First Team
2024	Colleen Stegmann	First Team
2024	Madi Surber*	First Team

* Indicates nomination with a 4.0 GPA

CSC Academic All-America (Track & Field)

2002	Siri Alfheim	First Team
2005	Michelle Prowse	Second Team
2006	Michelle Prowse	First Team
2013	Caitlin Way	Third Team
2014	Caitlin Way	First Team
2016	Ingeborg Loevnes	Second Team
2017	Kaela Edwards	First Team
2017	Stephanie Ferrante	Third Team
2018	Ariane Ballner	Second Team
2018	Stephanie Ferrante	First Team
2018	Emily Hart	First Team
2019	Ariane Ballner	First Team
2020	Ariane Ballner	First Team
2021	Ariane Ballner	Second Team
2023	Sivan Auerbach	First Team
2023	Taylor Roe	Third Team
2024	Sivan Auerbach	First Team
2024	Taylor Roe	First Team
2024	Molly Born	Second Team
2024	Bailey Golden	Second Team
2025	Sivan Auerbach	Second Team

CSC Academic All-District (Track & Field)

2002	Siri Alfheim	First Team
2005	Michelle Prowse	First Team
2005	Valentina Medina	Second Team
2006	Michelle Prowse	First Team
2006	Valentina Medina	Second Team
2007	Moira Steyn	Second Team
2013	Caitlin Way	First Team
2014	Caitlin Way	First Team
2016	Ingeborg Loevnes	First Team
2017	Kaela Edwards	First Team
2017	Stephanie Ferrante	First Team
2018	Ariane Ballner	First Team
2018	Stephanie Ferrante	First Team
2018	Emily Hart	First Team
2019	Ariane Ballner	First Team
2020	Ariane Ballner	First Team
2021	Ariane Ballner	First Team
2021	Taylor Somers	First Team
2023	Sivan Auerbach	First Team
2023	Heidi Demeo	First Team
2023	Bailey Golden	First Team
2023	Saara Hakanen	First Team
2023	Taylor Roe	First Team
2024	Sivan Auerbach	First Team
2024	Molly Born	First Team
2024	Bailey Golden	First Team
2024	Saara Hakanen	First Team
2024	Taylor Roe	First Team
2025	Sivan Auerbach	First Team

Outstanding Academic Performers

2025	Saara Hakanen	First Team
2025	Annie Molenhouse	First Team
2025	Emma Robbins	First Team
2025	Madi Surber	First Team

USTFCCCA All-Academic Team (Track and Field)

2002	3.25 team GPA	Coach Catrina Acosta
2003	3.19 team GPA	Coach Catrina Acosta
2004	3.14 team GPA	Coach Rene Sepulveda
2005	3.15 team GPA	Coach Rene Sepulveda
2006	3.12 team GPA	Coach Rene Sepulveda
2007	3.21 team GPA	Coach Rene Sepulveda
2008	3.20 team GPA	Coach Rene Sepulveda
2009	3.08 team GPA	Coach Rene Sepulveda
2010	3.24 team GPA	Coach Dave Smith
2011	3.32 team GPA	Coach Dave Smith
2012	3.42 team GPA	Coach Dave Smith
2013	3.42 team GPA	Coach Dave Smith
2014	3.42 team GPA	Coach Dave Smith
2015	3.47 team GPA	Coach Dave Smith
2016	3.37 team GPA	Coach Dave Smith
2017	3.39 team GPA	Coach Dave Smith
2018	3.47 team GPA	Coach Dave Smith
2019	3.42 team GPA	Coach Dave Smith
2020	3.55 team GPA	Coach Dave Smith
2021	3.55 team GPA	Coach Dave Smith
2022	3.61 team GPA	Coach Dave Smith
2023	3.55 team GPA	Coach Dave Smith
2024	3.65 team GPA	Coach Dave Smith
2025	3.598 team GPA	Coach Dave Smith

USTFCCCA All-Academic Individuals (Track and Field)

2002	Siri Alfheim
2002	Valentina Medina
2003	Valentina Medina-Molina
2004	Valentina Medina-Molina
2005	Michelle Prowse
2005	Eva Tomankova
2005	Valentina Medina
2005	Mary Davies
2006	Deleanor Kirkpatrick
2006	Eva Slavikova
2006	Eva Tomankova
2007	Baiba Blumbaha
2007	Eva Tomankova
2007	Hanna Holst
2007	Moira Steyn
2007	Mateja Posavec
2007	Zivile Siksnelyte
2008	Baiba Blumbaha
2008	Tone Hjalmarsen
2008	Deleanor Kirkpatrick
2008	Alina Roman
2008	Eva Tomankova
2010	Natalia Kovtun
2010	Kendra Woodson
2011	Mihaela Bobos
2011	Caileigh Glenn
2011	Brooke Gritters
2011	Tone Hjalmarsen
2011	Felicity Milton
2012	Mihaela Bobos
2012	Caileigh Glenn
2012	Kate Kujawa
2012	Natalja Piliusina
2012	Caitlin Way
2013	Jackie Campos
2013	Victoria Fratczak
2013	Monika Juodeskaite
2013	Kate Kujawa
2013	Clara Nichols
2013	Natalja Piliusina
2013	Taylor Stolt
2013	Caitlin Way
2014	Kristine Helle
2014	Caitlin Way
2014	Caileigh Glenn
2014	Kaela Edwards
2014	Clara Nichols
2014	Monika Juodeskaite
2014	Savannah Camacho
2015	Anna Boyert
2015	Savannah Camacho
2015	Jennifer Celis-Martinez
2015	Kaylee Dodd
2015	Kaela Edwards
2015	Stephanie Ferrante
2015	Caileigh Glenn
2015	Monika Juodeskaite
2015	Ingeborg Loevnes
2015	Clara Nichols
2015	Natalja Piliusina
2015	Ieva Zarankaite
2016	Kaela Edwards
2016	Clara Nichols
2016	Savannah Camacho
2016	Kaylee Dodd
2016	Ingeborg Loevnes
2016	Anna Boyert
2016	Monika Juodeskaite
2016	Natalie Baker
2016	Jennifer Celis-Martinez
2017	Savannah Camacho
2017	Jennifer Celis-Martinez
2017	Kaylee Dodd
2017	Kaela Edwards
2017	Stephanie Ferrante
2017	Chelsea Jarvis
2017	Clara Nichols
2017	Molly Sughroue
2017	Ambra Wesley
2017	Ieva Zarankaite
2018	Schuyler Wood-Hilderbrandt
2018	Ariane Ballner
2018	Jennifer Celis-Martinez
2018	Amira Coleman
2018	Kaylee Dodd
2018	Stephanie Ferrante
2018	Sinclaire Johnson
2018	Emily Rogers
2018	Molly Sughroue
2018	Ambra Wesley
2019	Ariane Ballner
2019	Jennifer Celis-Martinez
2019	Amira Coleman
2019	Kaylee Dodd
2019	Bailey Golden
2019	Sinclaire Johnson
2019	Ryan Roane
2019	Taylor Somers
2019	Molly Sughroue
2019	Schuyler Wood-Hilderbrandt
2020	Ariane Ballner
2020	Jennifer Celis-Martinez
2020	Amira Coleman
2020	Kaylee Dodd
2020	Bailey Golden
2020	Sinclaire Johnson
2020	Ryan Roane
2020	Taylor Somers
2020	Molly Sughroue
2020	Schulyer Wood-Hilderbrandt
2021	Ariadni Adamopoulou
2021	Kalaya Ali
2021	Sivan Auerbach
2021	Molly Born
2021	Gabija Galvydyte
2021	Bailey Golden
2021	Saara Hakanen
2021	Gabby Hentemann
2021	Kaytlyn Larson
2021	Lilly Lavier
2021	Maddie Meiner
2021	Stephanie Moss
2021	Christina Ollison
2021	Tori Ortiz
2021	Elissa Ray
2021	Taylor Roe
2021	Maddie Salek
2022	Ariadni Adamopoulou
2022	Kalaya Ali
2022	Sivan Auerbach
2022	Heidi Demeo
2022	Gabija Galvydyte
2022	Bailey Golden
2022	Gabby Hentemann
2022	Maddie Meiner
2022	Clarissa Morales
2022	Stephanie Moss
2022	Christina Ollison
2022	Tori Ortiz
2022	Taylor Roe
2022	Maddie Salek
2022	Olivija Vaitaityte
2022	Tamara Woodley
2023	Ariadni Adamopoulou
2023	Sivan Auerbach
2023	Molly Born
2023	Natalie Cook
2023	Heidi Demeo
2023	Gabija Galvydyte
2023	Bailey Golden
2023	Saara Hakanen
2023	Gabby Hentemann
2023	Payton Hinkle
2023	Billah Jepkirui
2023	Lilly Lavier
2023	Anne Gine Lovnes
2023	Maddie Meiner
2023	Annie Molenhouse
2023	Rachel Neaves
2023	Tori Ortiz
2023	Taylor Roe
2023	Maddie Salek
2023	Ansley Scott
2023	Madi Surber
2023	Michaela Travers
2023	Olivija Vaitaityte
2023	Tamara Woodley
2024	Sivan Auerbach
2024	Kessiah Bemis
2024	Grace Boone
2024	Molly Born
2024	Katie Chapman
2024	Bailey Golden
2024	Saara Hakanen
2024	Gabby Hentemann
2024	Payton Hinkle
2024	Maddie Meiner
2024	Annie Molenhouse
2024	Rachel Neaves
2024	Taylor Roe
2024	Maddie Salek

Outstanding Academic Performers

2024	Olivija Vaitaityte	
2024	Tamara Woodley	
2025	Sivan Auerbach	
2025	Katie Chapman	
2025	Isis Grant	
2025	Saara Hakanen	
2025	Annie Molenhouse	
2025	Rachel Neaves	
2025	Aubrey O'Connell	
2025	Johnna Orange	
2025	Grace Ping	
2025	Lauren Ping	
2025	Emma Robbins	
2025	Mandeep Sangha	
2025	Lauren Smith	
2025	Madi Surber	
2025	Gentry Turner	
2025	Olivija Vaitaityte	

Academic All-Big 12 (Track and Field)

1997	Amanda Andrus	First Team
1997	Krystal Beamon	First Team
1997	Lena Eschelle	First Team
1997	Michelle Fox	First Team
1997	Jenny Framme	First Team
1997	Jessica Franzen	First Team
1997	Jacquelyn King	First Team
1997	Laurie Langer	First Team
1997	Nikki Roady	First Team
1997	Hanna Smedstad	First Team
1997	Sarah Stone	First Team
1998	Krystal Beamon	First Team
1998	Katie Hayes	First Team
1998	Jennifer Koch	First Team
1998	Karen Rademeyer	First Team
1998	Andrea Roady	First Team
1998	Hanna Smedstad	First Team
1998	Andrene Thompson	First Team
1998	Jami Pickering	Honorable Mention
1999	Amy Carroll	First Team
1999	Stephani Duff	First Team
1999	Nikki Roady	First Team
2000	Karia Dennis	First Team
2000	Caren Eichor	First Team
2000	Alexandra Lindquist	First Team
2000	Angella Ogles	First Team
2000	Hanna Smedstad	First Team
2000	Sara Wells	First Team
2000	Tiffany Davis	Second Team
2000	Stephani Duff	Second Team
2001	Karla Dennis	First Team
2001	Lindsay Hall	First Team
2001	Kristina Klos	First Team
2001	Alexandra Lindquist	First Team
2001	Lindsey Tate	First Team
2001	Vera Waller	First Team
2001	Sara Wells	First Team
2001	Shavon Young	Second Team
2002	Siri Alfheim	First Team
2002	Lisa Bowles	First Team
2002	Desiree Brown	First Team
2002	Ami Butler	First Team
2002	Laurel Catlett-King	First Team
2002	Joanna Fedick	First Team
2002	Lindsay Hall	First Team
2002	Kristina Klos	First Team
2002	Sara Kofoed	First Team
2002	Alexandra Lindquist	First Team
2002	Valentina Medina	First Team
2002	Sharalee Sparks	First Team
2003	Laurel Catlett-King	First Team
2003	Alison Erzinger	First Team
2003	Lindsay Hall	First Team
2003	Alexandra Lindquist	First Team
2003	Lindsay Minter	First Team
2003	Marie Nilsson	First Team
2003	Michelle Simecka	First Team
2003	Vera Waller	First Team
2004	Cody Birk	First Team
2004	Lisa Bowles	First Team
2004	Misty Carey	First Team
2004	Catherine Clifford	First Team
2004	Stacy Deloach	First Team
2004	Kelli Eaton	First Team
2004	April Hart	First Team
2004	Valentina Medina-Molina	First Team
2004	Paula Ogunbanjo	First Team
2004	Leigh Tracy	First Team
2004	Joanna Fedick	Second Team
2005	Kim Blomkvist	First Team
2005	Lisa Bowles	First Team
2005	Catherine Clifford	First Team
2005	Adrienne Crenshaw	First Team
2005	April Hart	First Team
2005	Valentina Medina	First Team
2005	Halee Prickett	First Team
2005	Michelle Prowse	First Team
2005	Alison Erzinger	Second Team
2005	Joanna Fedick	Second Team
2005	Svetlana Vasileva	Second Team
2006	Cody Birk	First Team
2006	Kim Blomkvist	First Team
2006	Brandi Broaddus	First Team
2006	Joanna Fedick	First Team
2006	Brittany Hill	First Team
2006	Deleanor Kirkpatrick	First Team
2006	Laura Schmidt	First Team
2006	Meghan Sullivan	First Team
2006	Eva Tomankova	First Team
2006	Alison Erzinger	Second Team
2006	Sara Walker	Second Team
2007	Nina Andersson	First Team
2007	Fey Bashorun	First Team
2007	Kim Blomkvist	First Team
2007	Baiba Blumbaha	First Team
2007	Brandi Broaddus	First Team
2007	Jennifer Clarke	First Team
2007	Mary Davies	First Team
2007	Jenna Rae Downs	First Team
2007	Deleanor Kirkpatrick	First Team
2007	Stephanie Lovely	First Team
2007	Brittany Mason	First Team
2007	Mateja Posavec	First Team
2007	Eva Slavikova	First Team
2007	Moira Steyn	First Team
2007	Meghan Sullivan	First Team
2007	Kalea Tam	First Team
2007	Eva Tomankova	First Team
2007	Tihana Sarac	Second Team
2007	Zivile Siksnelyte	Second Team
2007	Maria Trejo	Second Team
2008	Kim Blomkvist	First Team
2008	Baiba Blumbaha	First Team
2008	Brandi Broaddus	First Team
2008	Deleanor Kirkpatrick	First Team
2008	Brittany Mason	First Team
2008	Alina Roman	First Team
2008	Eva Tomankova	First Team
2008	Fey Bashorun	First Team
2008	Merritt Dietz	First Team
2008	Mateja Posavec	First Team
2008	Maria Trejo	First Team
2008	Julie Rader	First Team
2008	Tihana Sarac	First Team
2009	Brandi Andrews	First Team
2009	Baiba Blumbaha	First Team
2009	Katie Hamilton	First Team
2009	Teran Mixon	First Team
2009	Mateja Posavec	First Team
2009	Tihana Sarac	First Team
2009	Julie Rader	Second Team
2010	Brandi Andrews	First Team
2010	Teran Mixon	First Team
2010	Autumn Moses	First Team
2010	Julie Rader	First Team
2010	Leah Schroeder	First Team
2010	Destyn Stallings	First Team
2010	Kendra Woodson	First Team
2010	Melanie Funke	Second Team
2010	Tone Hjalmarsen	Second Team
2010	Natalia Kovtun	Second Team
2011	Brandi Andrews	First Team
2011	Brooke Gritters	First Team
2011	Victoria Hanna	First Team
2011	Laura Heaton	First Team
2011	Tone Hjalmarsen	First Team
2011	Felicity Milton	First Team
2011	Teran Mixon	First Team
2011	Autumn Moses	First Team
2011	Jessy Murphy	First Team
2011	Caitlin Way	First Team
2011	Jackie Campos	Second Team
2011	Melanie Funke	Second Team
2012	Mihaela Bobos	First Team
2012	Jackie Campos	First Team
2012	Caileigh Glenn	First Team
2012	Brooke Gritters	First Team
2012	Victoria Hanna	First Team
2012	Laura Heaton	First Team
2012	Alyssa Henrichs	First Team
2012	Kate Kujawa	First Team
2012	Jessica Lewis	First Team
2012	Teran Mixon	First Team
2012	Jessy Murphy	First Team
2012	Natalja Piliusina	First Team
2012	Caitlin Way	First Team
2013	Mihaela Bobos	First Team
2013	Jackie Campos	First Team
2013	Victoria Fratczak	First Team
2013	Brooke Gritters	First Team
2013	Bailey Johnson	First Team
2013	Kate Kujawa	First Team
2013	Gloria Moseley	First Team
2013	Natalja Piliusina	First Team
2013	Taylor Stolt	First Team
2013	Clara Telford	First Team
2013	Caitlin Way	First Team
2013	Kendra Woodson*	First Team
2013	Madison Allen	Second Team
2014	Jasmine Adams	First Team
2014	Natalie Baker	First Team
2014	Savannah Camacho	First Team
2014	Jenifer Dyer	First Team
2014	Kaela Edwards	First Team
2014	Caileigh Glenn	First Team
2014	Ruth-Anne Hadjis	First Team
2014	Jordan Highsmith	First Team
2014	Adela Hofmannova	First Team
2014	Bailey Johnson	First Team
2014	Monika Juodeskaite	First Team
2014	Kate Kujawa	First Team
2014	Erika LaCroix	First Team
2014	Gloria Moseley	First Team

Outstanding Academic Performers

2014	Mihaela Bobos	First Team
2014	Clara Nichols	First Team
2014	Brittney Reid*	First Team
2014	Clara Telford	First Team
2014	Caitlin Way*	First Team
2014	Triana Browne-Hearrell	Second Team
2015	Jasmine Adams	First Team
2015	Anna Boyert	First Team
2015	Savannah Camacho	First Team
2015	Cydney Crook	First Team
2015	Chase Ealey	First Team
2015	Kaela Edwards	First Team
2015	Caileigh Glenn	First Team
2015	Emily Helms	First Team
2015	Bailey Johnson	First Team
2015	Monika Juodeskaite	First Team
2015	Clara Nichols	First Team
2015	Natalja Piliusina	First Team
2015	Brittney Reid	First Team
2015	Clara Telford	First Team
2015	Ambra Wesley	First Team
2015	Ieva Zarankaite	First Team
2015	Keely Brown	Second Team
2015	Cassandra Voss	Second Team
2016	Natalie Baker*	First Team
2016	Anna Boyert	First Team
2016	Savannah Camacho	First Team
2016	Jennifer Celis-Martinez	First Team
2016	Danielle Coleman	First Team
2016	Kaylee Dodd	First Team
2016	Kaela Edwards	First Team
2016	Stephanie Ferrante*	First Team
2016	Monika Juodeskaite	First Team
2016	Katie Kehl	First Team
2016	Ingeborg Loevnes	First Team
2016	Clara Nichols	First Team
2016	Sarah Robinson*	First Team
2016	Viktoriia Sadokhina	First Team
2016	Molly Sughroue	First Team
2016	Ieva Zarankaite	First Team
2017	Anna Boyert	First Team
2017	Savannah Camacho	First Team
2017	Amira Coleman	First Team
2017	Danielle Coleman	First Team
2017	Kaylee Dodd	First Team
2017	Kaela Edwards	First Team
2017	Stephanie Ferrante	First Team
2017	Emily Hart	First Team
2017	Erin Hart	First Team
2017	Katie Kehl	First Team
2017	Baylor Nelson	First Team
2017	Clara Nichols	First Team
2017	Sarah Robinson	First Team
2017	Molly Sughroue	First Team
2017	Kennedy Turner	First Team
2017	Ambra Wesley	First Team
2017	Ieva Zarankaite	First Team
2017	Cydney Crook	Second Team
2017	Brittany Engles	Second Team
2017	Megan Harris	Second Team
2017	Abbie Hetherington	Second Team
2017	Megan Honas	Second Team
2017	Kaytlyn Larson	Second Team
2017	Lexie Lewis	Second Team
2018	Ariane Ballner	First Team
2018	Jennifer Celis-Martinez	First Team
2018	Amira Coleman	First Team
2018	Danielle Coleman	First Team
2018	Kaylee Dodd	First Team
2018	Stephanie Ferrante	First Team
2018	Haley Geissler	First Team
2018	Anna Gunter	First Team
2018	Kami Hankins	First Team
2018	Megan Harris	First Team
2018	Emily Hart	First Team
2018	Chelsea Jarvis	First Team
2018	Sarah Johnson	First Team
2018	Sinclaire Johnson	First Team
2018	Elliett Kulkin	First Team
2018	Michelle Magnani	First Team
2018	Megan McGrath	First Team
2018	Gianna Moulis	First Team
2018	Molly Sughroue	First Team
2018	Bailey Sutherlin	First Team
2018	Michaela Vasey	First Team
2018	Ambra Wesley	First Team
2018	Kira White	First Team
2018	Schuyler Wood-Hilderbrandt	First Team
2018	Abbie Hetherington	Second Team
2018	Lexie Lewis	Second Team
2018	Rachel Norman	Second Team
2018	Kaylee Oyler	Second Team
2018	Gintare Zenkeviciute	Second Team
2019	Grace Baker	First Team
2019	Ariane Ballner*	First Team
2019	Amira Coleman	First Team
2019	Nicolette Dixon	First Team
2019	Kaylee Dodd*	First Team
2019	Kambri Gabel*	First Team
2019	Haley Geissler	First Team
2019	Anna Gunter	First Team
2019	Sarah Horan*	First Team
2019	Sinclaire Johnson*	First Team
2019	Elliett Kulkin*	First Team
2019	Lexie Lewis	First Team
2019	Natalie Manders	First Team
2019	Megan Mann*	First Team
2019	Jennifer Celis-Martinez*	First Team
2019	Meghan McGrath	First Team
2019	Baylor Nelson	First Team
2019	Elaina Noll	First Team
2019	Ryan Roane	First Team
2019	Katherine Ruck*	First Team
2019	Taylor Somers*	First Team
2019	Alexandria Stern*	First Team
2019	Molly Sughroue	First Team
2019	Summer Thompson	First Team
2019	Kennedy Turner	First Team
2019	Michaela Vasey	First Team
2019	Elissa White*	First Team
2019	Kira White	First Team
2019	Schuyler Wood-Hilderbrandt*	First Team
2019	Kaytlyn Larson	Second Team
2019	Jordan Rockins	Second Team
2020	Ariadni Adamopoulou	First Team
2020	Ariane Ballner*	First Team
2020	Molly Born	First Team
2020	Anna Gunter	First Team
2020	Ariel Esposito	First Team
2020	Bailey Golden	First Team
2020	Kami Hankins	First Team
2020	Sarah Johnson	First Team
2020	Elliett Kulkin*	First Team
2020	Kaytlyn Larson	First Team
2020	Sydney Long	First Team
2020	Michelle Magnani*	First Team
2020	Megan Mann	First Team
2020	Montanna McAvoy	First Team
2020	Moriah Moody	First Team
2020	Gianna Moulis*	First Team
2020	Baylor Nelson	First Team
2020	Rachel Norman	First Team
2020	Peyton Osborne	First Team
2020	Kaylee Oyler	First Team
2020	Makenna Parker	First Team
2020	Ryan Roane	First Team
2020	Katherine Ruck*	First Team
2020	Taylor Somers*	First Team
2020	Alexandria Stern	First Team
2020	Brooke Thomas	First Team
2020	Summer Thompson*	First Team
2020	Michaela Travers*	First Team
2020	Michaela Vasey	First Team
2020	Elissa White*	First Team
2020	Kira White	First Team
2020	Claire Workman*	First Team
2020	Maddie Salek	Second Team
2021	Ariadni Adamopoulou	First Team
2021	Kalaya Ali	First Team
2021	Ariane Ballner	First Team
2021	Aaliyah Birmingham	First Team
2021	Molly Born	First Team
2021	Heidi Demeo	First Team
2021	Sanye Ford	First Team
2021	Emily Forster	First Team
2021	Gabija Galvydyte	First Team
2021	Bailey Golden	First Team
2021	Saara Hakanen	First Team
2021	Gabby Hentemann	First Team
2021	Ryan Isennock	First Team
2021	Kaytlyn Larson	First Team
2021	Michelle Magnani	First Team
2021	Megan Mann	First Team
2021	Moriah Moody	First Team
2021	Christina Ollison	First Team
2021	Ryan Roane	First Team
2022	Ariadni Adamopoulou	First Team
2022	Kalaya Ali	First Team
2022	Sivan Auerbach*	First Team
2022	Heidi Demeo*	First Team
2022	Nicolette Dixon	First Team
2022	Jayden Fiebiger	First Team
2022	Sanye Ford	First Team
2022	Emily Forster*	First Team
2022	Gabija Galvydyte	First Team
2022	Bailey Golden*	First Team
2022	Saara Hakanen*	First Team
2022	Gabby Hentemann	First Team
2022	Molly Humes	First Team
2022	Amelia Jauregui*	First Team
2022	Lilly Lavier	First Team
2022	Megan Mann*	First Team
2022	Maddie Meiner*	First Team
2022	Mackenzie Michael	First Team
2022	Micalah Millard	First Team
2022	Christina Ollison	First Team
2022	Johnna Orange	First Team
2022	Tori Ortiz	First Team
2022	Sydney Ritter	First Team
2022	Ryan Roane	First Team
2022	Taylor Roe	First Team
2022	Erin Talbott	First Team
2022	Michaela Travers*	First Team
2022	Claire Workman	First Team
2023	Ariadni Adamopoulou	First Team
2023	Kalaya Ali	First Team
2023	Sivan Auerbach*	First Team
2023	Brooke Bayles	First Team
2023	Allison Bliss	First Team
2023	Molly Born	First Team
2023	Hannah Bradford	First Team
2023	Sara Byers*	First Team
2023	Emily Carter*	First Team

Outstanding Academic Performers

2023	Heidi Demeo	First Team
2023	Jayden Fiebiger	First Team
2023	Sanye Ford	First Team
2023	Gabija Galvydyte	First Team
2023	Bailey Golden*	First Team
2023	Saara Hakanen*	First Team
2023	Maddie Hanger	First Team
2023	Molly Humes	First Team
2023	Amelia Jauregui	First Team
2023	Lilly Lavier	First Team
2023	Maddie Meiner*	First Team
2023	Mackenzie Michael	First Team
2023	Micalah Millard	First Team
2023	Annie Molenhouse	First Team
2023	India Morgan	First Team
2023	Stephanie Moss	First Team
2023	Johnna Orange	First Team
2023	Tori Ortiz	First Team
2023	Krystal Rodriguez	First Team
2023	Taylor Roe	First Team
2023	Maddie Salek*	First Team
2023	Erin Talbott	First Team
2023	Michaela Travers*	First Team
2023	Olivija Vaitaityte	First Team
2023	Tamara Woodley	First Team
2023	Jinah Mickens-Malik	Second Team
2024	Katie Armstrong	First Team
2024	Sivan Auerbach*	First Team
2024	Brooke Bayles	First Team
2024	Molly Born*	First Team
2024	Cayden Brickman	First Team
2024	Emily Carter*	First Team
2024	Katie Chapman	First Team
2024	Cayden Dawson*	First Team
2024	Heidi Demeo	First Team
2024	Gabija Galvydyte	First Team
2024	Bailey Golden*	First Team
2024	Saara Hakanen*	First Team
2024	Maddie Hanger	First Team
2024	Gabby Hentemann	First Team
2024	Payton Hinkle	First Team
2024	Molly Humes*	First Team
2024	Billah Jepkirui	First Team
2024	Lilly Lavier*	First Team
2024	Emma Lindsey	First Team
2024	Jinane Mahi	First Team
2024	Cameron McConnell	First Team
2024	Maddie Meiner*	First Team
2024	Annie Molenhouse	First Team
2024	Stephanie Moss	First Team
2024	Rachel Neaves*	First Team
2024	Aubrey O'Connell	First Team
2024	Johnna Orange	First Team
2024	Abby Pickett	First Team
2024	Grace Ping	First Team
2024	Kaylie Politza	First Team
2024	Krystal Rodriguez	First Team
2024	Taylor Roe*	First Team
2024	Maddie Salek*	First Team
2024	Jenna Sanders	First Team
2024	Ansley Scott	First Team
2024	Kevriana Scott	First Team
2024	Sarah Stair	First Team
2024	Colleen Stegmann	First Team
2024	Madi Surber*	First Team
2024	Olivija Vaitaityte	First Team
2024	Tamara Woodley	First Team
2024	Winny Bii	Second Team
2025	Katie Armstrong	First Team
2025	Michaella Atteberry	First Team
2025	Sivan Auerbach*	First Team
2025	Brooke Bayles	First Team
2025	Kessiah Bemis	First Team
2025	Cayden Brickman	First Team
2025	Sara Byers	First Team
2025	Emily Carter	First Team
2025	Katie Chapman	First Team
2025	Isis Grant	First Team
2025	Saara Hakanen*	First Team
2025	Payton Hinkle	First Team
2025	Sutton Howard	First Team
2025	Lilly Lavier*	First Team
2025	Emma Lindsey*	First Team
2025	JInane Mahi	First Team
2025	Cameron McConnell	First Team
2025	Maddie Meiner*	First Team
2025	Mackenzie Michael*	First Team
2025	Annie Molenhouse	First Team
2025	Rachel Neaves	First Team
2025	Aubrey O'Connell*	First Team
2025	Johnna Orange	First Team
2025	Brilee Payne	First Team
2025	Abby Pickett	First Team
2025	Grace Ping	First Team
2025	Lauren Ping	First Team
2025	Krystal Rodriguez	First Team
2025	Mandeep Sangha	First Team
2025	Ansley Scott	First Team
2025	Kevriana Scott	First Team
2025	Sarah Stair	First Team
2025	Colleen Stegmann*	First Team
2025	Madi Surber*	First Team
2025	Kinidi Taylor	First Team
2025	Olivija Vaitaityte	First Team

* Indicates nomination with a 4.0 GPA

Sivan Auerbach became the first athlete in NCAA history to win the Elite 90 Award for Women's Cross Country, taking home the awards in both 2023 and 2024.

Outstanding Academic Performers

NCAA Post-Graduate Scholarship

1989	Jackie Goodman

NCAA Ethnic Minority Post-Graduate Scholarship

1999	Krystal Beamon
2009	Deleanor Kirkpatrick

Big 8/Big 12 Post-Graduate Scholarship

1989	Jackie Goodman
2001	Sara Wells
2013	Kendra Woodson
2014	Kate Kujawa
2015	Caileigh Glenn
2017	Stephanie Ferrante

Arthur Ashe, Jr. Sports Scholar Award

1999	Krystal Beamon	First Team
2002	Desiree Brown	Honorable Mention
2005	Valentina Medina	First Team
2006	Brittany Hill	Second Team
2006	Valentina Medina	Second Team
2006	Deleanor Kirkpatrick	Third Team
2007	Brittany Mason	First Team
2007	Kalea Tam	Second Team
2007	Deleanor Kirkpatrick	Fourth Team
2008	Brittany Mason	First Team
2008	RaeAnna Devey	Second Team
2008	Kalea Tam	Second Team
2008	Deleanor Kirkpatrick	Third Team
2009	Jessica Gladd	Third Team
2009	Brandi Andrews	Fourth Team
2010	Brandi Andrews	Second Team
2010	Jessica Lewis	Third Team
2011	Brandi Andrews	Second Team
2011	Alexis Alexander	Third Team
2011	Autumn Moses	Honorable Mention
2012	Brandi Andrews	Second Team
2012	Alexis Alexander	Third Team
2012	Megan Gray	Third Team
2012	Simone Edwards	Third Team
2013	Janelle Martinez	First Team
2013	Jacqueline Campos	Second Team
2013	Bailey Johnson	Second Team
2013	Alexandria Ervin	First Team
2014	Janelle Martinez	First Team
2014	Jasmine Adams	Second Team
2014	Kaela Edwards	First Team
2014	Brittney Reid	First Tean
2014	Jacqueline Campos	Second Team
2014	Bailey Johnson	Second Team
2014	Savannah Camacho	Second Team
2015	Ambra Wesley	First Team
2015	Bailey Johnson	First Team
2015	Brittney Reid	First Team
2015	Hannah Harris	First Team
2015	Janelle Martinez	First Team
2015	Jasmine Adams	Second Team
2015	Kaela Edwards	Second Team
2015	Savannah Camacho	Third Team
2016	Jennifer Celis-Martinez	First Team
2016	Janelle Martinez	First Team
2016	Danielle Coleman	First Team
2016	Kaela Edwards	Second Team
2016	Ambra Wesley	Second Team
2016	Savannah Camacho	Third Team
2016	Cydney Crook	Third Team
2017	Kaela Edwards	First Team
2017	Savannah Camacho	First Team
2018	Jennifer Celis-Martinez	
2018	Sinclaire Johnson	
2018	Gianna Moulis	
2018	Ambra Wesley	
2018	Danielle Coleman	
2018	Kennedy Turner	
2018	Kira White	
2018	Schuyler Wood-Hilderbrandt	
2019	Sinclaire Johnson	
2019	Gianna Moulis	
2019	Moriah Moody	
2019	Schuyler Wood-Hilderbrandt	
2020	Megan Mann	First Team
2020	Summer Thompson	First Team
2020	Michaela Travers	First Team
2020	Gianna Moulis	Second Team
2020	Bailey Golden	Third Team
2020	Moriah Moody	Third Team
2020	Makenna Parker	Fourth Team
2020	Brooke Thomas	Fourth Team
2020	Kira White	Fourth Team
2021	Megan Mann	First Team
2021	Summer Thompson	First Team
2021	Michaela Travers	First Team
2021	Bailey Golden	Second Team
2021	Kalaya Ali	Third Team
2021	Moriah Moody	Third Team
2021	Christina Ollison	Third Team
2022	Amelia Jauregui	First Team
2022	Megan Mann	First Team
2022	Michaela Travers	First Team
2022	Bailey Golden	Second Team
2022	Christina Ollison	Second Team
2022	Sydney Ritter	Second Team
2022	Kalaya Ali	Third Team
2023	Bailey Golden	First Team
2023	Amelia Jauregui	First Team
2023	Kennadi Price	First Team
2023	Michaela Travers	First Team
2023	Kalaya Ali	Second Team
2023	Natalia Cleveland	Second Team
2023	Abby Pickett	Second Team
2023	Krystal Rodriguez	Second Team
2023	Lilly Lavier	Third Team
2023	Tamara Woodley	Third Team
2023	Micalah Millard	Fourth Team
2024	Natalia Cleveland	First Team
2024	Bailey Golden	First Team
2024	Kennadi Price	First Team
2024	Cayden Brickman	Second Team
2024	Abby Pickett	Second Team
2024	Kevriana Scott	Second Team
2024	Lilly Lavier	Third Team
2024	Cameron McConnell	Third Team
2024	Cayden Dawson	Fourth Team
2024	Krystal Rodriguez	Fourth Team
2024	Tamara Woodley	Fourth Team

OSU Female Student Athlete of the Year

2005	Valentina Medina
2013	Natalja Piliusina
2018	Stephanie Ferrante
2022	Taylor Roe

Scholar-Baller/NCAS Academic Momentum Award

2009	Clarissa Andrews

Letterwinners

Geraldine Acheson	1984-85
Ariadni Adamopoulou	2021-23
Siri Alfheim	2001-02
Kalaya Ali	2020-22
Nina Andersson	2005
Brandi Andrews	2009
Clarissa Andrews	2009-11
Anissa Angelosante	2005-08
Sivan Auerbach	2021-25
Grace Baker	2018
Natalie Baker	2014, 16
Rosa Baker	1989-90
TracyAnn Baker	1997
Ariane Ballner	2018-21
Fey Bashorun	2008
Ashlea Barby	1997
Sonia Barry	1988-89
Krystal Beamon	1996-99
Maria Berggren	2002
Winny Bii	2024
Cody Birk	2006
Aaliyah Birmingham	2019-21
Tasa Blincow	1986-89
Kim Blomkvist	2004, 06-07
Patty Bloome	1984
Baiba Blumbaha	2006-09
Mihaela Bobos	2011-14
Grace Boone	2024
Molly Born	2018-24
Lana Boydston	1981
Anna Boyert	2014-17
Nicki Brackeen	1990
Hannah Bradford	2022-23
Theresa Brantley	1981-83
Brittany Brewer	2007
Karen Bridges	1978-79
Brandi Broaddus	2004-05
Janine Brown	2001
Maranda Brown	1997
Regina Brown	1990
Celestina Bucknell	1995
Ami Butler	2000-02
Savannah Camacho	2014-17
Jackie Campos	2009, 11
Miay Layne Carey	2004
Lisa Carman	1980
Cecily Carrier	1997
Emily Carter	2023
Demetra Castille	1988-90
Taylor Cates	2000
Lauren Catlett-King	2002
Jennifer Celis-Martinez	2015-16, 18-19
Katie Chapman	2025
Isca Chelangat	2025
Hollie Cherry	1986
Zeddy Chongwo	2025
Amber Clark	1992-93
Laverne Clark	1987-88
Stacy Clark	1990
Vicki Cleveland	1981
Catherine Clifford	2001
Charlotte Coffey	2001
Amira Coleman	2016-19
Danielle Coleman	1994
Danielle Coleman	2016
Natalie Cook	2022-23
Susan Corey	1980-82
Justine Craig	1985-87
Kim Crain	1988-89
Jessica Craven	1988
Adrienne Crenshaw	2003
Claudia Crismon	1989
Margie Crossno	1982
Michelle Crowson	1987
Lora Davies	1985-86
Mary Davies	2004-06
Araceli Davila	1999, 2001
Jori Davis	2010
Leisa Davis-Knowles	1985-86
Tiffany Davis	1999-2001
Cayden Dawson	2023
Jessica DeLaCerda	1994, 96
Heidi Demeo	2020-24
Karla Dennis	1999
Merritt Dietz	2007-09
Tamara Dingley	1996-98
Nicolette Dixon	2019-22
Kaylee Dodd	2016-19
Stephani Duff	1998-2002
Aurora Dybedokken	2014, 16-17
Christy Dye	1995-96
Chase Ealey (Jackson)	2013-16
Jennifer Edwards	2004
Kaela Edwards	2014-17
Emily Elkins	1992-93
Alison Erzinger	2003-06
Amy Estes	1990
Heather Estetter	2008
Amy Ferguson	1990
Stephanie Ferrante	2015-18
Summor Fields	2016
Laura Ford	1986
Anna Forsberg	1994-95
Jenny Framme	1996-97
Denise Frank	1989
Jessica Franzen	1996
Victoria Fratczak	2008-11, 13
Vicki Fretwell	1982
Robyn Fugett	1989
Melanie Funke	2009
Gabija Galvydyte	2020-24
Heather Garrett	1989-90
Kristen Gillespie	2008-09
Brooke Givens	2021
Caileigh Glenn	2011-14
Bailey Golden	2020-24
Alyse Goldsmith	2009
Jackie Goodman	1985-89
Courtney Gougler	2008-09
Isis Grant	2024-25
LaKendra Greathouse	2006-08
Carrie Grove	1980
Paula Gowing	2001-02
Nancy Guillen	1999
Danna Guinn	1993
Veronica Haberl	1984-87
Saara Hakanen	2020-24
Lindsey Hall	2002
Katie Hamilton	2009
Victoria Hanna	2010
Regina Hardage	1978
Janet Harris	1986
April Hart	2003-05
Laura Heaton	2008-09
Kristine Helle	2014
Emily Helms	2014
Gabby Hentemann	2020-24
Abbie Hetherington	2014, 16-19
Latoyia Hinds	1998
Payton Hinkle	2023-24
Tone Hjalmarsen	2006-09
Rebecca Hladik	1998
Adela Hofmannova	2013-14
Andrea Holloway	1999
Hanna Holst	2006-07
Charya Hubbard	2000
Jamila Isman	2025
Alina Istrate	2007
Chelsea Jarvis	2017
Madisyn Jackson	2025
Melinda Jackson	1999-2000
Sherita Jackson	1996-99
Billah Jepkirui	2022-24
Bailey Johnson	2014
Brittani Johnson	2008
Ingrid Johnson	1988
Kim Johnson	2008
Mikell Johnson	1991
Michelle Johnson	1993
Sinclaire Johnson	2018-19
Yasmine Johnson	2023
Monika Juodeskaite	2011-14, 16
Vicki Keffer	1980-81
Katie Kehl	2017
Kelsey Kehl	2021
Deleanor Kirkpatrick	2006-08
Emily Knaub	1994
Janet Knight	1981
Jennifer Koch	1997-98
Natalia Kovtun	2008-09
Kate Kujawa	2010-14
Barbora Kuncova	2004-05
Victoria Lagat	2024-25
Kaytlyn Larson	2016-17, 19-21
Lilly Lavier	2021, 2024
Donna Levy	1990-92
Tekeisha Lewis	2008
Michele Lewis	1987-90
Tammie Lienhard	1979, 81
Alexandra Lindquist	1998-99, 01
Marilyn Linsenmeyer	1974
Ingeborg Loevnes	2015-16
Stephanie Lovely	2007
Marcela Lustigova	2007
Natanya Luther	2011
Michelle Magnani	2016
Jinane Mahi	2024
Megan Mann	2020
Janelle Martinez	2014
Paula Martinez	1981
Irene Masai	2007-08
Brittany Mason	2005-08
Amanda Mayoral	2020
Montana McAvoy	2020
Cameron McConnell	2024-25
Angela McGeown	1982, 84
Lauren McKee	2007-08
Delissa McClain	2004-05
Christine McMiken	1984-86
Misty McMillian	1995-96
Valentina Medina	2001-05
Maddie Meiner	2021-24
Jinah Mickens-Malik	2023-25
Mackenzie Michael	2022
Joni Mihura	1980-81
Micalah Millard	2023
Kelly Miller	1998
Felicity Milton	2010
Polly Minor	1978
Kileigh Mixon	2025
Teran Mixon	2007-12
Mindy Moeller	1980
Annie Molenhouse	2023-25
Shelly Moore	1991-95
Clarissa Morales	2021-22
Stephanie Moss	2021-22, 2024
Josphine Mwaura	2024-25
Melissa Ndubilo	2003, 05-06
Rachel Neaves	2023-25
Julie Nelson	1992-94
Colleen Nicoulin	1992-94
Clara Nichols	2013-16
Marie Nilsson	2000-02
Pia Nittynen	1991
Tina Nixon	1998
Aubrey O'Connell	2025
Angella Ogle	2000
Paula Ogunbanjo	2004-05
Christina Ollison	2020-22
Johnna Orange	2024-25
Lena Orn	2007
Tori Ortiz	2021-23
Kim Peterson	1992-93
Natalja Piliusina	2010-13, 15
Kaylie Politza	2023-25
LaToya Polk	1992-93
Mateja Posavec	2006-07
Halee Prickett	2003-06
Michelle Prowse	2004-05
Terry Purdy	1982
Kelli Quimby	2009
Karen Rademeyer	1999
Julie Rader	2008
Kelsey Ramirez	2021-22
Elissa Ray	2021
Caron Reycraft	1990-91
Rilee Rigdon	2021-22
Nikki Roady	1999
Ryan Roane	2019
Emma Robbins	2025
Megan Robbins	1999
Krystal Rodriguez	2022-23
Taylor Roe	2019-24
Emily Rogers	2018
Alina Roman	2007
Joanne Rothery	1985
Jocelen Ruth	2017
Viktoriia Sadokhina	2014
Maddie Salek	2020-21, 2023-24
Mandeep Sangha	2024-25
Natasha Santee	1999-2000
Tihana Sarac	2007-08
Ansley Scott	2023, 2025
Kevriana Scott	2025
Cynthia Schafer	1987-88
Tara Schiffelbein	1994
Charmaine Schmidt	1996
Laura Schmidt	2006
Leah Schroeder	2006-08
Evin Shirley	2003
Molly Sughroue	2016-19
Zivile Siksnelyte	2007

Letterwinners

Michelle Simecka	2002
Eva Slavikova	2005-06
Debbie Smallwood	1979, 82
Hanna Smedstad	1996-2000
Becky Smith	1998
Latriceia Smith	2019
Taylor Somers	2018-19, 2022
Lee Southard	1990
Sharalee Sparks	2002
Marianne Spear	1978
Katie Spencer	2016
Destyn Stallings	2007-09
Donna Staples	1982
Colleen Stegmann	2022-24
Sandra Stelle	1990
Moira Steyn	2006-07
Andrea Stuart	1989
Molly Sughroue	2014, 16-18
Meghan Sullivan	2007
Madi Surber	2024-25
Mihaela Susa	2007-11
Sabrena Switzer	2009
Morgan Szekely	2018-19
Kalea Tam	2007
Ashley Tate	2004
Donna Thibert	1985-86
Linda Thomas	1982
Tammie Thomas	1978
Andrene Thompson	1997-99
Linda Thompson	1982
Sara Thorsell	1999
Paula Tiger	1980
Cameko Tyner	2000
Eva Tomankova	2004-08
Megan Toole	1998
Tammy Townsend	1985
Michaela Travers	2022
Maria Trejo	2003-07
Cherith Unruh	1995
Olivija Vaitaityte	2022-25
Branighan Vann	2006-07
Michaela Vasey	2018
Melody Vaughn	1996-98
Cheynne Walden	2018
Sarah Walker	2006
Margaret Warders	1982
Caitlin Way	2010-14
Sara Wells	1999-2001
Ambra Wesley	2017-18
Tracie White	1999
Robyn Wiley	1978
Vanessa Wilhelm	1999
Kim Wilkes	1981
Doris Williams	1991
Suzie Winningham	1974-75
Brandi Woodard	1997
Schuyler Wood-Hilderbrandt	2019
Tamara Woodley	2022-24
Kendra Woodson	2009-12
Beckie Woods	1981
Phyllis Yockum	1978
Shavon Young	1999
Toni Young	2012
Ieva Zarankaite	2014, 17
Jackie Zdiarski	1980, 82
Gintare Zenkeviciute	2014, 2018

Sutton Howard

CAMPUS OF CHAMPIONS

Oklahoma State University

A land-grant institution with more than 35,000 students across a five-campus system, we've graduated more than 290,000 students to serve the state of Oklahoma, the nation and the world.

A bold aspiration

Oklahoma State University intends to become the nation's preeminent land-grant university

From their founding in the 19th century, land-grant universities have carried a distinctly American charge captured in the words of the Morrill Act of 1862:

"to promote the liberal and practical education of the industrial classes in the several pursuits and professions in life."

Through teaching, research and Extension, the Land-Grant institutions steward a timeless responsibility: to raise successive generations of servant-leaders; to engage as vital members of their communities; to bring research and new knowledge to better prepare students for the world they will enter; and to extend critical knowledge and expertise to meet society's most pressing problems — the "grand challenges" facing civilization.

Three Pillars

Instruction
OSU provides the highest quality education in a variety of different majors using the latest teaching methods.

Research
OSU is creating the next generation of scientists, thinkers and scholars through its tradition of research excellence.

Extension
OSU's Cooperative Extension connects people across the nation and world with the latest research and practical solutions.

Core Values

Community
Foster a strong sense of community based on shared governance among student, faculty, staff and administration.

Respect
Respect and value all individuals, beliefs and opinions.

Service
Serving others is a noble and worthy endeavor and distinguishing feature of a land-grant institution.

Steward of Resources
Dedicated to the efficient and effective use of resources and sustainability.

Excellence
Seek excellence in all endeavors and commitment to continuous improvement.

Integrity
Commitment to the principles of truth and honesty.

Intellectual Freedom
Believe in ethical and scholarly questioning that respects the rights of all to freely pursue knowledge.

OSU/A&M Board of Regents

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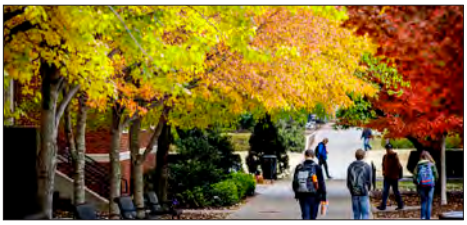
Oklahoma State University

Hailing from all 50 states and more than 100 countries, we are united by the Cowboy Code.

- We end the day knowing we gave it everything we had.
- We dream as big as the sky.
- We know challenges come with pain, but pain will not win.
- We have a passion to do what's right, even when it's hard.
- We stand for what matters, even if we stand alone.
- We finish what we start.
- Being a Cowboy isn't in our clothes, it's in our character.

- Inspired by James P. Owen's 2004 book "Cowboy Ethics: What Wall Street Can Learn from The Code of the West."



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Fast Facts

Size
- 27,241 students
- 35% out-of-state students
- 19:1 student-to-faculty ratio

Location & transportation
Stillwater, Oklahoma
- 60 miles from Oklahoma City and Tulsa
- Average temperature: 59°F (Average high in August: 93°F; average low in January: 26°F)
- Stillwater Regional Airport (SWO) provides daily nonstop flights to and from Dallas/Fort Worth International Airport
- 49,525 residents in Stillwater
- Community buses and transit are free to OSU students, faculty and staff with a valid OSU ID card

Academics
- Six academic colleges, plus the College of Veterinary Medicine and the OSU College of Osteopathic Medicine at the Cherokee Nation
- 300+ undergraduate majors and options
- 79 master's programs
- 45 doctoral programs

Student life
- 400+ student organizations
- 32 residence halls
- 13 living-learning communities
- 45 fraternities and sororities

What we're known for
America's Brightest Orange
- America's Greatest Homecoming, which welcomes over 80,000 Cowboys and visitors
- Famous alumni: Garth Brooks (country music singer), T. Boone Pickens (business magnate and financier), Barry Sanders (NFL hall-of-famer), Anita Hill (attorney, professor)
- Cowboy family
- Leader in research impacting health, engineering and the world around us
- Oklahoma's first Truman Honor Institution
- One of the largest comprehensive university student unions in the world
- Edmon Low Library — one of the top 100 academic research libraries

University President

Dr. Jim Hess

University President
First Year | Northeastern State | Ed.D. from OSU

An educator who puts students first, Dr. Jim Hess brings over four decades of transformative leadership to his role as Oklahoma State University's president. His remarkable journey from small-town Oklahoma to the presidency demonstrates the power of education to change lives.

Born in Henryetta, Oklahoma, Hess earned his bachelor's and master's degrees at Northeastern State University before completing his doctorate at OSU. Hess was named president by the Board of Regents in April 2025 after serving as interim president since February 2025.

Known for his commitment to student experience and innovative approach to education, Hess has consistently led transformational change. At OSU-Tulsa, he doubled enrollment and created the popular Big Orange Bus shuttle service connecting Tulsa and Stillwater campuses. At the OSU Center for Health Sciences, he expanded the OSU Physicians Group tenfold while championing innovative online graduate programs that made OSU-CHS the only institution in Oklahoma's higher education system to achieve consecutive enrollment growth for a decade.

Despite his administrative responsibilities, Hess remained dedicated to teaching, carrying a full graduate course load each semester. His pioneering work establishing new graduate programs — including degrees in Healthcare Administration, Global Health, Medical Sciences and Forensic Sciences — reflects his belief that education should evolve to meet students' changing needs.

One of his most significant achievements came in securing OSU Medical Center as the nation's only osteopathic teaching hospital, creating unprecedented opportunities for medical students. This accomplishment, along with his many others, led to his induction into the Oklahoma Higher Education Hall of Fame in 2023.

Hess brings a unique blend of visionary leadership, financial acumen and authentic connection to students to the presidency. His ability to transform institutions while maintaining their core missions makes him exceptionally qualified to lead OSU's next chapter.

He and his wife, Angela, have two children, John and Bonnie, and four grandchildren: Johnny, Brooklyn, Billie and Bradley.

Athletic Director Chad Weiberg

Chad Weiberg

Athletics Director
Fifth Year | Oklahoma State, 1994

Chad Weiberg assumed the role of Oklahoma State Vice President and Athletic Director in July of 2021 after having spent the previous four years as OSU's Deputy Athletic Director.

The timing of his promotion to athletic director lined up with seismic shifts in national landscape of college sports. Realignment within the Big 12 Conference and the emergence of Name, Image and Likeness both occurred within a month of Weiberg's start date. The transformative House settlement also happened with Weiberg at the helm.

With that as the backdrop, in the modernized world of college athletics, Weiberg's OSU has been a force in competition. A sampling of Oklahoma State's accomplishments during his four years as athletic director:

- Oklahoma State won team national championships in equestrian (2022), men's cross country (2023) and men's golf (2025).
- OSU won 18 Big 12 team conference championships across its 18 varsity sports.
- Oklahoma State finished in the top 30 of the Learfield Directors' Cup standings each year. Its average national finish of 24.0 during Weiberg's tenure leads the Big 12 and represents the second-best four-year run of performance for OSU since the Learfield Directors Cup launched in 1993-94.
- Oklahoma State won the all-sports Phillips 66 Bedlam Series over in-state rival Oklahoma three times and tied the Bedlam Series once.
- The Cowboy Football team beat No. 5 Notre Dame in the 2021 Fiesta Bowl, had a winning record over Oklahoma and twice appeared in the Big 12 Championship Game.
- Oklahoma State produced 178 All-Americans across all sports, the highest four-year total in school history.

Chad Weiberg Career Path

1994-99	Oklahoma State Athletics	Director of Corporate Sales and Donor Relations
1999-2002	Oklahoma State Alumni Association	Senior Director of Field Operations
2002-03	Oklahoma State Foundation/ College of Business Administration	Director of Development
2003-04	Oklahoma State Athletics	Director of Development
2004-05	Kansas State Foundation	Director of Corporate Relations
2005-15	Kansas State Athletics	Director of Major Gifts from 2005-09 Associate A.D./Development from 2009-15
2015-17	Texas Tech Athletics	Deputy Athletic Director
2017-pres.	Oklahoma State Athletics	Deputy Athletic Director from 2017-21 Athletic Director from 2021-present

Athletic Director Chad Weiberg

As athletic director, Chad Weiberg hired head coaches Jacie Hoyt (women's basketball), Steve Lutz (men's basketball) and David Taylor (wrestling).

OSU's broad-based success reflects how the department has evolved in ways that produce a meaningful advantage. Some of the key initiatives developed within OSU Athletics under Weiberg:

- Implementing revenue share for student-athletes.
- The creation of a name, image and likeness department with a dedicated full-time director and assistant director.
- A partnership between OSU Athletics and the Spears School of Business to create the innovative Brand Squad, which pairs the best and brightest students in OSU's famed Spears School of Business with student-athletes for the purpose of creating a personal brand and managing NIL opportunities, as well as coordinating with supporters establishing new collectives to provide NIL opportunities for OSU student-athletes.
- The creation of the POSSE STAR Fund to provide student-athletes financial rewards for achieving academic success in accordance with the Supreme Court ruling on Alston vs. NCAA.
- The creation of a student-athlete leadership and professional development program with a dedicated full-time director and assistant director to help position student-athletes for success beyond sports.
- Numerous structural and cosmetic upgrades to Boone Pickens Stadium geared toward improving the fan experience.
- Innovative forms of revenue generation that included making Oklahoma State one of the first schools to sell a football field logo sponsorship and to add football field-level suites.
- A partnership with Sport and Story to create OSU's own streaming service, OSU Max.
- Converting Boone Pickens Stadium into a world-class concert venue for The Boys from Oklahoma four-day event in the spring of 2025.

Weiberg has made four head coach hires, successfully recruiting Jacie Hoyt (women's basketball), Steve Lutz (men's basketball) and David Taylor (wrestling) to Stillwater and elevating Annie Young (women's golf) from OSU assistant coach to head coach.

Oklahoma State hosted NCAA Championship events in men's and women's cross country (2022), wrestling (2023) and men's and women's tennis (2024) under Weiberg, providing the Cowboys and Cowgirls with added visibility on the national level.

Also on the national level, Weiberg was on the College Football Playoff Future Format Athletic Directors Focus Group and in September of 2024, he joined the NCAA Division I men's basketball committee for a five-year term.

In 2023-24, he served as chair of the Big 12 Athletic Directors.

Prior to his elevation to athletic director, Weiberg served as OSU's Deputy Athletic Director from 2017-21. In that role, Weiberg was the chief operating officer, second-in-command and responsible for the day-to-day operations of the athletics department. He served as Athletic Director Mike Holder's administrative liaison for football and men's basketball and was responsible for football scheduling.

During his time as Deputy AD, he played a significant role in successfully navigating OSU Athletics through the COVID pandemic. Notably, he developed a partnership with the Oklahoma State University Center for Health Sciences that helped produce the planning and resources to keep Cowboy and Cowgirl student-athletes healthy, safe and ready for competition.

Weiberg was a key figure in several important initiatives that benefited student-athletes and fans alike. A little more than one year after Weiberg's arrival, OSU added a director of counseling and sport psychology position within the athletic department to better serve the mental health of student-athletes.

He also played a key part in improving OSU's gameday experience. Highlights include the addition of one of the largest video boards at a college-only football stadium, the addition of alcohol sales at OSU athletic venues and expanded concession offerings.

Weiberg is a 1994 OSU graduate with a degree in business administration. He earned a master's degree in business administration from OSU in 2002. After earning his undergraduate degree, he served as the director of corporate sales and donor relations for OSU Athletics until 1999. He served as senior director of field operations for the OSU Alumni Association from 1999-2002 before becoming the director of development for the OSU Foundation/College of Business Administration from 2002-03. He held a similar role for OSU Athletics from 2003-04 before moving to Kansas State.

At K-State, Weiberg served the KSU Foundation as Director of Corporate Relations for a year before becoming the Director of Major Gifts for K-State Athletics in 2005. Weiberg assumed the lead role for K-State Athletics' Ahearn Fund in 2009 and, for his team's efforts, was recognized as the National Fundraiser of the Year by the National Association of Athletic Development Directors in 2014. Weiberg was the Senior Associate Athletic Director for Development when he left K-State in 2015 to become Deputy Director of Athletics at Texas Tech University, a role in which he served for two years before returning to his alma mater in 2017.

College athletics have played a key role in Weiberg's life from an early age. His father, Mick, and brother, Brett were both college basketball head coaches and his brother, Jared, played basketball at OSU under Eddie Sutton for a year before moving into the role of team manager. Weiberg's uncle, Kevin, served as Big 12 commissioner.

Weiberg and his wife, Jodi, have two children, Ella and Grant.

Team National Championships

Oklahoma State leads the Big 12 and is sixth nationally with 54 NCAA team titles.

Most NCAA Team Championships *(Entering 2025-26)*		
	Stanford	136
	UCLA	123
	USC	114
	Texas	60
	Penn State	55
	Oklahoma State	54
	Arkansas	52
	North Carolina	52
	LSU	48
	Florida	44
	California	43

BIG 12 CONFERENCE NCAA TEAM CHAMPIONSHIPS ENTERING 2025-26

Data according to the NCAA Historical Championships Dashboard

Oklahoma State Team National Championships

Year	*Sport*	*Coach*
1928	Wrestling	Ed Gallagher - Coach
1929	Wrestling	Ed Gallagher - Coach
1930	Wrestling	Ed Gallagher - Coach
1931	Wrestling	Ed Gallagher - Coach
1933	Wrestling	Ed Gallagher - Coach
1934	Wrestling	Ed Gallagher - Coach
1935	Wrestling	Ed Gallagher - Coach
1937	Wrestling	Ed Gallagher - Coach
1938	Wrestling	Ed Gallagher - Coach
1939	Wrestling	Ed Gallagher - Coach
1940	Wrestling	Ed Gallagher - Coach
1941	Wrestling	Art Griffith - Coach
1942	Wrestling	Art Griffith - Coach
1945	Football (AFCA)	Jim Lookabaugh - Coach
1945	Men's Basketball	Henry Iba - Coach
1946	Men's Basketball	Henry Iba - Coach
1946	Wrestling	Art Griffith - Coach
1948	Wrestling	Art Griffith - Coach
1949	Wrestling	Art Griffith - Coach
1954	Men's Cross Country	Ralph Higgins - Coach
1954	Wrestling	Art Griffith - Coach
1955	Wrestling	Art Griffith - Coach
1956	Wrestling	Art Griffith - Coach
1958	Wrestling	Myron Roderick - Coach
1959	Baseball	Toby Greene - Coach
1959	Wrestling	Myron Roderick - Coach
1961	Wrestling	Myron Roderick - Coach
1962	Wrestling	Myron Roderick - Coach
1963	Men's Golf	Labron Harris - Coach
1964	Wrestling	Myron Roderick - Coach
1966	Wrestling	Myron Roderick - Coach
1968	Wrestling	Myron Roderick - Coach
1971	Wrestling	Tommy Chesbro - Coach
1976	Men's Golf	Mike Holder - Coach
1978	Men's Golf	Mike Holder - Coach
1980	Men's Golf	Mike Holder - Coach
1983	Men's Golf	Mike Holder - Coach
1987	Men's Golf	Mike Holder - Coach
1989	Wrestling	Joe Seay - Coach
1990	Wrestling	Joe Seay - Coach
1991	Men's Golf	Mike Holder - Coach
1994	Wrestling	John Smith - Coach
1995	Men's Golf	Mike Holder - Coach
2000	Men's Golf	Mike Holder - Coach
2003	Wrestling	John Smith - Coach
2004	Wrestling	John Smith - Coach
2005	Wrestling	John Smith - Coach
2006	Wrestling	John Smith - Coach
2006	Men's Golf	Mike McGraw - Coach
2009	Men's Cross Country	Dave Smith - Coach
2010	Men's Cross Country	Dave Smith - Coach
2012	Men's Cross Country	Dave Smith - Coach
2018	Men's Golf	Alan Bratton - Coach
2022	Equestrian (NCEA)	Larry Sanchez - Coach
2023	Men's Cross Country	Dave Smith - Coach
2025	Men's Golf	Alan Bratton - Coach

Individual National Championships

NCAA Individual Championships	
Wrestling	145
Women's Track and Field - Indoors	5
Men's Track and Field - Indoors	22
Women's Track and Field - Outdoors	3
Men's Track and Field - Outdoors	17
Women's Golf	1
Men's Golf	9
Total across all sports	**202**

Oklahoma State has won 202 individual NCAA championships

OSU student-athletes have won individual national titles in wrestling, men's and women's track and field and men's and women's golf

Year	Champion	Sport	Classification
1928	Harold DeMarsh	Wrestling	125 pounds
1928	Melvin Clodfelter	Wrestling	145 pounds
1928	George Rule	Wrestling	175 pounds
1928	Earl McCready	Wrestling	Heavyweight
1929	George Bancroft	Wrestling	135 pounds
1929	Jack VanBebber	Wrestling	165 pounds
1929	Conrad Caldwell	Wrestling	175 pounds
1929	Earl McCready	Wrestling	Heavyweight
1930	Jack VanBebber	Wrestling	165 pounds
1930	Conrad Caldwell	Wrestling	175 pounds
1930	Earl McCready	Wrestling	Heavyweight
1931	Bobby Pearce	Wrestling	126 pounds
1931	Leroy McGuirk	Wrestling	155 pounds
1931	Jack VanBebber	Wrestling	165 pounds
1931	Conrad Caldwell	Wrestling	175 pounds
1933	Rex Peery	Wrestling	118 pounds
1933	Ross Flood	Wrestling	126 pounds
1933	Alan Kelley	Wrestling	145 pounds
1934	Rex Peery	Wrestling	118 pounds
1934	Ross Flood	Wrestling	126 pounds
1934	Alan Kelly	Wrestling	145 pounds
1935	Rex Peery	Wrestling	118 pounds
1935	Ross Flood	Wrestling	126 pounds
1935	Frank Lewis	Wrestling	155 pounds
1936	Harley (Doc) Strong	Wrestling	145 pounds
1937	Joe McDaniel	Wrestling	118 pounds
1937	Stanley Henson	Wrestling	145 pounds
1937	Harvey Base	Wrestling	165 pounds
1937	Loyd Ricks	Wrestling	Heavyweight
1938	Joe McDaniel	Wrestling	118 pounds
1938	Stanley Henson	Wrestling	145 pounds
1938	Dale Scriven	Wrestling	155 pounds
1939	Joe McDaniel	Wrestling	121 pounds
1939	Stanley Henson	Wrestling	155 pounds
1939	John Harrell	Wrestling	Heavyweight
1940	Al Whitehurst	Wrestling	136 pounds
1940	Vernon Logan	Wrestling	155 pounds
1941	Al Whitehurst	Wrestling	136 pounds
1941	David Arndt	Wrestling	145 pounds
1941	Earl VanBebber	Wrestling	155 pounds
1941	Virgil Smith	Wrestling	165 pounds
1942	David Arndt	Wrestling	145 pounds
1942	Vernon Logan	Wrestling	155 pounds
1942	Virgil Smith	Wrestling	165 pounds
1942	Loyd Arms	Wrestling	Heavyweight
1946	David Arndt	Wrestling	136 pounds
1946	George Dorsch	Wrestling	175 pounds
1947	Richard Hutton	Wrestling	Heavyweight
1948	Jack St. Clair	Wrestling	155 pounds
1948	Richard Hutton	Wrestling	Heavyweight
1949	Charles Hetrick	Wrestling	128 pounds
1949	Jim Gregson	Wrestling	175 pounds
1950	Richard Hutton	Wrestling	Heavyweight
1951	George Layman	Wrestling	137 pounds
1951	Grover Rains	Wrestling	177 pounds
1952	George Layman	Wrestling	137 pounds
1952	Gene Nicks	Wrestling	Heavyweight
1953	Earl Moeller	Men's Golf	Men's Golf
1953	Ned Blass	Wrestling	177 pounds
1954	Myron Roderick	Wrestling	137 pounds

Individual National Championships

Year	Champion	Sport	Classification
1954	Ned Blass	Wrestling	177 pounds
1954	Gene Nicks	Wrestling	Heavyweight
1955	J.W. Mashburn	Men's Outdoor Track and Field	440 yards
1955	Myron Roderick	Wrestling	130 pounds
1955	Fred Davis	Wrestling	167 pounds
1956	J.W. Mashburn	Men's Outdoor Track and Field	400 meters
1956	J.W. Mashburn	Men's Outdoor Track and Field	440 yards
1956	Jim Graham	Men's Outdoor Track and Field	Pole vault
1956	Myron Roderick	Wrestling	130 pounds
1957	Doug Blubaugh	Wrestling	157 pounds
1958	Richard Beattie	Wrestling	157 pounds
1958	Duane Murty	Wrestling	167 pounds
1959	Jim Graham	Men's Outdoor Track and Field	Pole vault
1959	Richard Beattie	Wrestling	157 pounds
1959	Ted Ellis	Wrestling	Heavyweight
1961	George Davies	Men's Outdoor Track and Field	Pole vault
1961	Phil Kinyon	Wrestling	157 pounds
1961	Bob Johnson	Wrestling	177 pounds
1962	Masaaki Hatta	Wrestling	123 pounds
1962	Ronnie Clinton	Wrestling	167 pounds
1962	Bob Johnson	Wrestling	177 pounds
1964	Yojiro Uetake	Wrestling	130 pounds
1964	Joe James	Wrestling	Heavyweight
1965	Tom von Ruden	Men's Indoor Track and Field	880 yards
1965	Jim Metcalf	Men's Indoor Track and Field	Two-mile relay
1965	John Perry	Men's Indoor Track and Field	Two-mile relay
1965	Tom von Ruden	Men's Indoor Track and Field	Two-mile relay
1965	Dave Perry	Men's Indoor Track and Field	Two-mile relay
1965	Tadaaki Hatta	Wrestling	115 pounds
1965	Yojiro Uetake	Wrestling	130 pounds
1965	Jack Brisco	Wrestling	191 pounds
1966	Arnold Droke	Men's Indoor Track and Field	Two-mile relay
1966	Jim Metcalf	Men's Indoor Track and Field	Two-mile relay
1966	John Perry	Men's Indoor Track and Field	Two-mile relay
1966	Tom von Ruden	Men's Indoor Track and Field	Two-mile relay
1966	Yojiro Uetake	Wrestling	130 pounds
1966	Gene Davis	Wrestling	137 pounds
1966	Bill Harlow	Wrestling	190 pounds
1967	Chris McCubbins	Men's Outdoor Track and Field	Steeplechase
1967	Fred Fozzard	Wrestling	177 pounds
1968	Grier Jones	Men's Golf	Men's Golf
1968	Dwayne Keller	Wrestling	123 pounds
1970	Dwayne Keller	Wrestling	126 pounds
1970	Darrell Keller	Wrestling	134 pounds
1970	Geoff Baum	Wrestling	190 pounds
1971	Yoshiro Fujita	Wrestling	126 pounds
1971	Darrell Keller	Wrestling	142 pounds
1971	Geoff Baum	Wrestling	177 pounds
1972	John Halberstadt	Men's Outdoor Track and Field	10000 meters
1972	Jim Bolding	Men's Outdoor Track and Field	400 meter hurdles
1972	Jim Bolding	Men's Outdoor Track and Field	440 meter hurdles
1975	Ron Ray	Wrestling	167 pounds
1976	Jimmy Jackson	Wrestling	Heavyweight
1977	Steve Barrett	Wrestling	142 pounds
1977	Jimmy Jackson	Wrestling	Heavyweight
1978	David Edwards	Men's Golf	Men's Golf
1978	Jimmy Jackson	Wrestling	Heavyweight
1979	Eric Wais	Wrestling	190 pounds
1980	Lee Roy Smith	Wrestling	142 pounds
1980	Ricky Stewart	Wrestling	158 pounds
1981	Ricky Stewart	Wrestling	158 pounds
1982	James Butler	Men's Outdoor Track and Field	200 meters
1983	Clar Anderson	Wrestling	134 pounds
1983	Mike Sheets	Wrestling	167 pounds
1984	Joe Dial	Men's Indoor Track and Field	Pole vault
1984	Joe Dial	Men's Outdoor Track and Field	Pole vault
1984	Kenny Monday	Wrestling	150 pounds
1984	Mike Sheets	Wrestling	167 pounds

Individual National Championships

Year	Champion	Sport	Classification
1985	Joe Dial	Men's Indoor Track and Field	Pole vault
1985	Joe Dial	Men's Outdoor Track and Field	Pole vault
1985	Christine McMiken	Women's Indoor Track and Field	3,000 meter run
1986	Scott Verplank	Men's Golf	Men's Golf
1986	Paul Larkins	Men's Indoor Track and Field	Mile
1987	Brian Watts	Men's Golf	Men's Golf
1987	John Smith	Wrestling	134 pounds
1988	E.J. Pfister	Men's Golf	Men's Golf
1988	John Smith	Wrestling	134 pounds
1989	Jackie Goodman	Women's Indoor Track and Field	5,000 meter run
1989	Jackie Goodman	Women's Outdoor Track and Field	10,000 meter run
1989	Kendall Cross	Wrestling	126 pounds
1989	Chris Barnes	Wrestling	177 pounds
1990	Pat Smith	Wrestling	158 pounds
1990	Chris Barnes	Wrestling	177 pounds
1991	Pat Smith	Wrestling	158 pounds
1992	Pat Smith	Wrestling	158 pounds
1994	Alan Fried	Wrestling	142 pounds
1994	Pat Smith	Wrestling	158 pounds
1994	Mark Branch	Wrestling	167 pounds
1995	J.J. McGrew	Wrestling	190 pounds
1997	Eric Guerrero	Wrestling	126 pounds
1997	Mark Branch	Wrestling	167 pounds
1998	Teague Moore	Wrestling	118 pounds
1998	Eric Guerrero	Wrestling	126 pounds
1999	Eric Guerrero	Wrestling	133 pounds
2000	Charles Howell	Men's Golf	Men's Golf
2001	Mark Muñoz	Wrestling	197 pounds
2002	Siri Alfheim	Women's Indoor Track and Field	5,000 meter run
2002	Johnny Thompson	Wrestling	133 pounds
2003	Johnny Thompson	Wrestling	133 pounds
2003	Jake Rosholt	Wrestling	184 pounds
2004	Chris Pendleton	Wrestling	174 pounds
2005	Zack Esposito	Wrestling	149 pounds
2005	Johny Hendricks	Wrestling	165 pounds
2005	Chris Pendleton	Wrestling	174 pounds
2005	Jake Rosholt	Wrestling	197 pounds
2005	Steve Mocco	Wrestling	285 pounds
2006	Jonathan Moore	Men's Golf	Men's Golf
2006	Johny Hendricks	Wrestling	165 pounds
2006	Jake Rosholt	Wrestling	197 pounds
2008	Coleman Scott	Wrestling	133 pounds
2009	German Fernandez	Men's Outdoor Track and Field	1,500 meters
2010	Caroline Hedwall	Women's Golf	Women's Golf
2011	Jordan Oliver	Wrestling	133 pounds
2013	Natalja Piliusina	Women's Outdoor Track and Field	1,500 meter run
2013	Jordan Oliver	Wrestling	149 pounds
2013	Chris Perry	Wrestling	174 pounds
2014	Alex Dieringer	Wrestling	157 pounds
2014	Chris Perry	Wrestling	174 pounds
2015	Chad Noelle	Men's Outdoor Track and Field	1,500 meters
2015	Alex Dieringer	Wrestling	165 pounds
2016	Nick Miller	Men's Outdoor Track and Field	Hammer Throw
2016	Kaela Edwards	Women's Indoor Track and Field	Mile
2016	Dean Heil	Wrestling	141 pounds
2016	Alex Dieringer	Wrestling	165 pounds
2017	Dean Heil	Wrestling	141 pounds
2019	Matthew Wolff	Men's Golf	Men's Golf
2019	Sinclaire Johnson	Women's Outdoor Track and Field	1,500 meters
2021	A.J. Ferrari	Wrestling	197 Pounds
2022	Taylor Roe	Women's Indoor Track and Field	3,000 meter run
2023	Fouad Messaoudi	Men's Indoor Track and Field	3,000 meter run
2023	Fouad Messaoudi	Men's Indoor Track and Field	DMR
2023	Charlie Bartholomew	Men's Indoor Track and Field	DMR
2023	Juan Diego Castro	Men's Indoor Track and Field	DMR
2023	Ryan Schoppe	Men's Indoor Track and Field	DMR
2024	Brian Musau	Men's Indoor Track and Field	DMR
2024	DJ McArthur	Men's Indoor Track and Field	DMR
2024	Mehdi Yanouri	Men's Indoor Track and Field	DMR
2024	Ryan Schoppe	Men's Indoor Track and Field	DMR
2025	Brian Musau	Men's Indoor Track and Field	5,000 meter run
2025	Dean Hamiti	Wrestling	174 pounds
2025	Wyatt Hendrickson	Wrestling	285 pounds
2025	Brian Musau	Men's Outdoor Track and Field	5,000 meters run

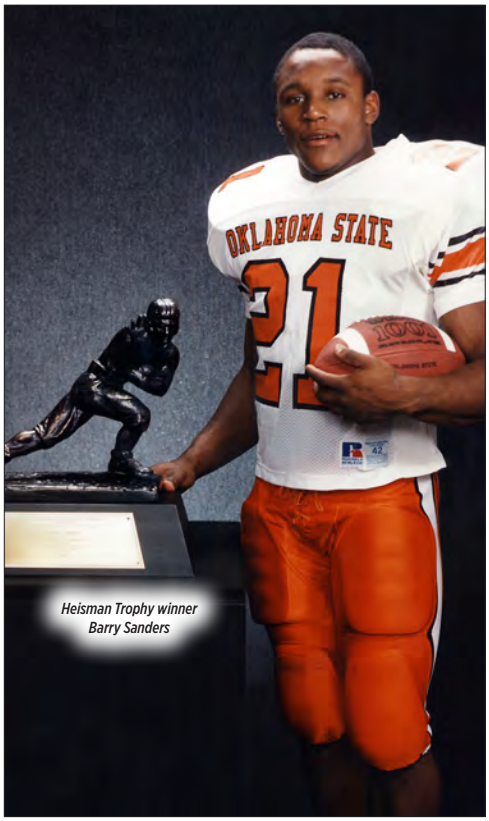
Andrea Riley

Ruby Meylan

Performing at an Elite Level

With nearly 1,500 All-Americans across its sports through the years, it has been proven time and again that the greats play for Oklahoma State.

All-Americans by Sport	
Entering the 2025-26 academic year	
Fall Sports	
Men's Cross Country	70
Women's Cross Country	24
Soccer	12
Football	98
Winter Sports	
Men's Track and Field - Indoors	111
Women's Track and Field - Indoors	74
Wrestling	492
Women's Basketball	4
Men's Basketball	30
Equestrian	49
Spring Sports	
Women's Tennis	29
Men's Tennis	22
Women's Golf	30
Men's Golf	142
Softball	53
Men's Track and Field - Outdoors	85
Women's Track and Field - Outdoors	66
Baseball	83
Total across all sports	1,474


Heisman Trophy winner Barry Sanders

Katarina Adamovic

Oleksandr Nedovyesov

Team Conference Championships

342

TEAM CONFERENCE CHAMPIONSHIPS ACROSS ALL SPORTS

Team Conference Titles Breakdown

Entering 2025-26

Fall Sports	*Total*	*Missouri Valley*	*Big Eight*	*Big 12*
Men's Cross Country	17	0	4	13
Women's Cross Country	5	0	1	4
Soccer	7	0	0	7
Football	11	9	1	1
Winter Sports	*Total*	*Missouri Valley*	*Big Eight*	*Big 12*
Men's Indoor Track and Field	2	0	0	2
Women's Indoor Track and Field	1	0	0	1
Wrestling	56	10*	24	22
Women's Basketball	3	0	3	0
Men's Basketball	23	16^	4	3
Equestrian	11	0	0	11
Spring Sports	*Total*	*Missouri Valley*	*Big Eight*	*Big 12*
Men's Tennis	24	3	21	0
Women's Tennis	29	0	22	7
Women's Golf	25	0	14	11
Men's Golf	57	9	36	12
Softball	16	0	15	1
Men's Outdoor Track and Field	20	20	0	0
Women's Outdoor Track and Field	0	0	0	0
Baseball	35	5	24	6
All Sports Total	**342**	**72#**	**169**	**101**

* Includes six Southwest Conference team titles
^ Includes one Southwest Conference team title
\# Includes seven Southwest Conference team titles

14 DIFFERENT OSU SPORTS HAVE COMBINED TO WIN

101

BIG 12 TEAM TITLES SINCE THE LEAGUE WAS FORMED IN 1996-97.

Individual Conference Championships

Maddison Hinson-Tolchard

Individual Conference Titles Breakdown

Entering 2025-26

Fall Sports	*Total*	*Missouri Valley*	*Big Eight*	*Big 12*
Men's Cross Country	14	0	4	10
Women's Cross Country	8	0	6	2
Winter Sports	*Total*	*Missouri Valley*	*Big Eight*	*Big 12*
Women's Track and Field - Indoors	79	0	15	64
Men's Track and Field - Indoors	145	11	62	72
Wrestling	297	24*	151	122
Spring Sports	*Total*	*Missouri Valley*	*Big Eight*	*Big 12*
Women's Golf	27	0	16	11
Men's Golf	50	7	31	12
Women's Tennis	157	0	123	34
Men's Tennis	201	0	160	41
Men's Track and Field - Outdoors	295	162^	94	39
Women's Track and Field - Outdoors	54	0	24	30
Total across all sports	1327	204	686	437

** Includes one Southwestern Conference Title*
^ Includes 33 Oklahoma Intercollegiate Conference titles and eight Southwestern Conference titles

Middle distance star Fouad Messaoudi is a six-time Big 12 individual champion.

Daton Fix is the first person to win five Big 12 wrestling titles

Golfer Preston Stout won the Big 12 individual title in 2024 and 2025

Olympic Medalists

Oklahoma State and the Olympic Games

Oklahoma State has produced 129 Olympians all-time, highlighted by 34 medalists - 20 gold, six silver and eight bronze.

OSU has been represented at every Olympic Summer Games in which the United States has competed in since 1924.

Oklahoma State has produced at least one medalist in 19 of the last 20 Olympic Summer Games in which the United States has competed since 1932. The lone exception was in 1972, when the Henry Iba-coached Team USA men's basketball team chose to not accept silver medals following a controversial result against the Soviet Union in the gold medal game.

Included among Oklahoma State's Olympic gold medalists are a quartet of two-time winners - wrestlers Yojiro Uetake and John Smith, men's basketball star Bob Kurland and softball pitching ace Michele Smith.

Two-time Gold Medalist John Smith

Gold Medalists (20)					
Year	*Site*	*Person*	*Country*	*Sport*	*Class*
1932	Los Angeles	Bobby Pearce	United States	Wrestling	123
1932	Los Angeles	Jack Van Bebber	United States	Wrestling	158.5
1936	Berlin	Frank Lewis	United States	Wrestling	158.5
1948	London	Bob Kurland	United States	Men's Basketball	Team
1948	London	Jesse "Cab" Renick	United States	Men's Basketball	Team
1952	Helsinki	Bob Kurland	United States	Men's Basketball	Team
1956	Melbourne	J.W. Mashburn	United States	Men's Track & Field	1600m Relay
1960	Rome	Shelby Wilson	United States	Wrestling	147.5
1960	Rome	Doug Blubaugh	United States	Wrestling	160.5
1964	Tokyo	Yojiro Uetake	Japan	Wrestling	125.5
1968	Mexico City	James King	United States	Men's Basketball	Team
1968	Mexico City	Yojiro Uetake	Japan	Wrestling	125.5
1984	Los Angeles	Bruce Baumgartner	United States	Wrestling	286
1988	Seoul	Robin Ventura	United States	Baseball	Team
1988	Seoul	Kenny Monday	United States	Wrestling	163
1988	Seoul	John Smith	United States	Wrestling	136.5
1992	Barcelona	John Smith	United States	Wrestling	136.5
1996	Atlanta	Kendall Cross	United States	Wrestling	125.5
1996	Atlanta	Michele Smith	United States	Softball	Team
2000	Sydney	Michele Smith	United States	Softball	Team

Silver Medalists (6)					
Year	*Site*	*Person*	*Country*	*Sport*	*Class*
1936	Berlin	Ross Flood	United States	Wrestling	123
1992	Barcelona	Kenny Monday	United States	Wrestling	163
2004	Athens	Jamill Kelly	United States	Wrestling	145.5
2004	Athens	Melanie Roche	Australia	Softball	Team
2016	Rio De Janeiro*	Cassie Mitchell	United States	Discus	F51/52
2020	Tokyo*	Cassie Mitchell	United States	Club Throw	F51

Bronze Medalists (8)					
Year	*Site*	*Person*	*Country*	*Sport*	*Class*
1976	Montreal	Gene Davis	United States	Wrestling	136.5
1996	Atlanta	Melanie Roche	Australia	Softball	Team
2000	Sydney	Melanie Roche	Australia	Softball	Team
2008	Beijing	Melanie Roche	Australia	Softball	Team
2012	London	Coleman Scott	United States	Wrestling	60kg
2016	Rio De Janeiro*	Cassie Mitchell	United States	Club Throw	F51
2020	Tokyo	Lauren Bay Regula	Canada	Softball	Team
2020	Tokyo	Adrianna Franch	United States	Women's Soccer	Goalkeeper

* Paralympics

Olympians

Rickie Fowler

Gabija Galvydyte

Year	City	Person	Sport	Classification	Country	Placement
1924	Paris	Guy H. Lookabaugh	Men's Wrestling	158.5	United States	Fourth
1924	Paris	Orion Stuteville	Men's Wrestling	174	United States	Alternate
1928	Amsterdam	Clarence Berryman	Men's Wrestling	145	United States	Sixth
1928	Amsterdam	Earl McCready	Men's Wrestling	Hwt	Canada	
1928	Amsterdam	George Rule	Men's Wrestling	174	United States	Sixth
1928	Amsterdam	Charles Strack	Men's Wrestling	191.5	United States	Reserve
1932	Los Angeles	Conrad Caldwell	Men's Wrestling	191.5	United States	Alternate
1932	Los Angeles	Melvin Clodfelter	Men's Wrestling	145	United States	Third Round
1932	Los Angeles	Bobby Pearce	Men's Wrestling	123	United States	Gold Medal
1932	Los Angeles	Jack Van Bebber	Men's Wrestling	158.5	United States	Gold Medal
1936	Berlin	George Chiga	Men's Wrestling	Hwt	Canada	DNP
1936	Berlin	Roy Dunn	Men's Wrestling	Hwt	United States	First Round
1936	Berlin	Ross Flood	Men's Wrestling	123	United States	Silver Medal
1936	Berlin	Clarence Gallagher	Men's Wrestling	Trainer	United States	N/A
1936	Berlin	Ed Gallagher	Men's Wrestling	Honorary Coach	United States	N/A
1936	Berlin	Frank Lewis	Men's Wrestling	158.5	United States	Gold Medal
1936	Berlin	Fred Parkey	Men's Wrestling	134	United States	Reserve
1936	Berlin	Harley Strong	Men's Wrestling	145	United States	First Round
1948	London	Bob Kurland	Men's Basketball	Team	United States	Gold Medal
1948	London	Jesse "Cab" Renick	Men's Basketball	Team	United States	Gold Medal
1948	London	Art Griffith	Men's Wrestling	Coach	United States	N/A
1948	London	Richard Hutton	Men's Wrestling	Hwt	United States	First Round
1948	London	William Jernigan	Men's Wrestling	114.5	United States	Second Round
1948	London	Cliff Keen	Men's Wrestling	Manager	United States	N/A
1948	London	Hal Moore	Men's Wrestling	136.5	United States	Sixth
1952	Helsinki	Bob Kurland	Men's Basketball	Team	United States	Gold Medal
1952	Helsinki	J.W. Mashburn	Men's Track & Field	1600m Relay	United States	DNC
1952	Helsinki	Buel Patterson	Men's Wrestling	Manager	United States	N/A
1952	Helsinki	Raymond Swartz	Men's Wrestling	Coach	United States	N/A
1956	Melbourne	J.W. Mashburn	Men's Track & Field	1600m Relay	United States	Gold Medal
1956	Melbourne	Dick Beattie	Men's Wrestling	160.5	United States	DNC (Illness)
1956	Melbourne	Myron Roderick	Men's Wrestling	136.5	United States	Fourth
1960	Rome	Doug Blubaugh	Men's Wrestling	160.5	United States	Gold Medal
1960	Rome	Shelby Wilson	Men's Wrestling	147.5	United States	Gold Medal
1964	Tokyo	Henry Iba	Men's Basketball	Coach	United States	N/A

Olympians

Year	City	Person	Sport	Classification	Country	Placement
1964	Tokyo	Fendley Collins	Men's Wrestling	Manager	United States	N/A
1964	Tokyo	Bobby Douglas	Men's Wrestling	138.5	United States	Fourth
1964	Tokyo	Rex Perry	Men's Wrestling	Coach	United States	N/A
1964	Tokyo	Myron Roderick	Men's Wrestling	Coach	United States	N/A
1964	Tokyo	Yojiro Uetake	Men's Wrestling	125.5	Japan	Gold Medal
1968	Mexico City	Dr. Donald Cooper	Men's Basketball	Doctor	United States	N/A
1968	Mexico City	Henry Iba	Men's Basketball	Coach	United States	N/A
1968	Mexico City	James King	Men's Basketball	Team	United States	Gold Medal
1968	Mexico City	Tom Von Ruden	Men's Track & Field	1,500m	United States	Ninth
1968	Mexico City	Bobby Douglas	Men's Wrestling	138.5	United States	DNC (Illness)
1968	Mexico City	Yojiro Uetake	Men's Wrestling	125.5	Japan	Gold Medal
1972	Munich	Henry Iba	Men's Basketball	Coach	United States	N/A
1972	Munich	Gene Davis	Men's Wrestling	136.5	United States	Third Round
1972	Munich	Harry Geris	Men's Wrestling	Hwt	Canada	DNP
1972	Munich	Jerry Robinson	Men's Wrestling	180.5 (GR)	United States	DNP
1976	Montreal	Paul Nash	Men's Swimming	1500m Freestyle	Australia	11th
1976	Montreal	Ross Seymour	Men's Swimming	100m Butterfly	Australia	24th
1976	Montreal	Gene Davis	Men's Wrestling	136.5	United States	Bronze Medal
1976	Montreal	Harry Geris	Men's Wrestling	Hwt	Canada	DNP
1976	Montreal	Jimmy Jackson	Men's Wrestling	Hwt	United States	DNP
1984	Los Angeles	Gary Green	Baseball (Demonstration)	Team	United States	N/A
1984	Los Angeles	Henry Iba	Men's Basketball	Coach	United States	N/A
1984	Los Angeles	Bill McDaniel	Men's Basketball	Doctor	United States	N/A
1984	Los Angeles	Bruce Baumgartner	Men's Wrestling	286	United States	Gold Medal
1984	Los Angeles	Lee Roy Smith	Men's Wrestling	136.5	United States	DNC-Arbitration
1988	Seoul	Robin Ventura	Baseball	Team	United States	Gold Medal
1988	Seoul	Kenny Monday	Men's Wrestling	163	United States	Gold Medal
1988	Seoul	Joe Seay	Men's Wrestling	Coach	United States	N/A
1988	Seoul	John Smith	Men's Wrestling	136.5	United States	Gold Medal
1988	Seoul	Christine McMiken	Women's Track & Field	10,000m	New Zealand	First Round
1992	Barcelona	Kendall Cross	Men's Wrestling	125.5	United States	Sixth
1992	Barcelona	Bobby Douglas	Men's Wrestling	Coach	United States	N/A
1992	Barcelona	Kenny Monday	Men's Wrestling	163	United States	Silver Medal
1992	Barcelona	John Smith	Men's Wrestling	136.5	United States	Gold Medal

Coleman Scott

Lauren Bay

AD Franch

Olympians

Year	City	Person	Sport	Classification	Country	Placement
1992	Barcelona	Lee Roy Smith	Men's Wrestling	Coach	United States	N/A
1996	Atlanta	Kendall Cross	Men's Wrestling	125.5	United States	Gold Medal
1996	Atlanta	Kenny Monday	Men's Wrestling	163	United States	Sixth
1996	Atlanta	Melanie Roche	Softball	Team	Australia	Bronze Medal
1996	Atlanta	Michele Smith	Softball	Team	United States	Gold Medal
2000	Sydney	John Smith	Men's Wrestling	Coach	United States	N/A
2000	Sydney	Melanie Roche	Softball	Team	Australia	Bronze Medal
2000	Sydney	Michele Smith	Softball	Team	United States	Gold Medal
2004	Athens	Jeff Guiel	Baseball	Team	Canada	Fourth
2004	Athens	David Rollandini	Baseball	Team	Italy	Eighth
2004	Athens	Mindaugas Pukstas	Men's Track & Field	Marathon	Lithuania	74th
2004	Athens	Daniel Cormier	Men's Wrestling	211.5	United States	Fourth
2004	Athens	Eric Guerrero	Men's Wrestling	132	United States	First Round
2004	Athens	Jamill Kelly	Men's Wrestling	145.5	United States	Silver Medal
2004	Athens	Lauren Bay	Softball	Team	Canada	Preliminary
2004	Athens	Melanie Roche	Softball	Team	Australia	Silver Medal
2006	Turin^	Kathrin Lehmann	Women's Ice Hockey	Forward	Switzerland	Group Stage
2008	Beijing	Daniel Cormier	Men's Wrestling	211.5	United States	DNC-Injury
2008	Beijing	Steve Mocco	Men's Wrestling	132	United States	Quarterfinals
2008	Beijing	Lauren Bay	Softball	Team	Canada	Semifinals
2008	Beijing	Melanie Roche	Softball	Team	Australia	Bronze Medal
2010	Vancouver^	Kathrin Lehmann	Women's Ice Hockey	Forward	Switzerland	Group Stage
2012	London	Coleman Scott	Men's Wrestling	60kg	United States	Bronze Medal
2012	London	John Smith	Men's Wrestling	Coach	United States	N/A
2012	London*	Cassie Mitchell	Women's Track & Field	100m T52	United States	Fourth
2012	London*	Cassie Mitchell	Women's Track & Field	200m T52	United States	Fourth
2012	London*	Cassie Mitchell	Women's Track & Field	Discus Throw F51-53	United States	Fourth
2016	Rio de Janeiro	Rickie Fowler	Men's Golf	Individual	United States	T-37th
2016	Rio de Janeiro	Tom Farrell	Men's Track & Field	5000 m	Great Britain	40th
2016	Rio de Janeiro	Shadrack Kipchirchir	Men's Track & Field	10,000 m	United States	19th
2016	Rio de Janeiro	Nick Miller	Men's Track & Field	Hammer Throw	Great Britain	22nd
2016	Rio de Janeiro	John Smith	Men's Wrestling	TV Analyst	United States	N/A
2016	Rio de Janeiro	Pernilla Lindberg	Women's Golf	Individual	Sweden	T-31st
2016	Rio de Janeiro	Caroline Masson	Women's Golf	Individual	Germany	T-21st
2016	Rio de Janeiro	Ingeborg Loevnes	Women's Track & Field	3000 m Steeplechase	Norway	33rd
2016	Rio de Janeiro*	Cassie Mitchell	Women's Swimming	50m Backstroke S2	United States	Seventh
2016	Rio de Janeiro*	Cassie Mitchell	Women's Track & Field	Club Throw F51	United States	Bronze Medal
2016	Rio de Janeiro*	Cassie Mitchell	Women's Track & Field	100m T52	United States	DNS
2016	Rio de Janeiro*	Cassie Mitchell	Women's Track & Field	Discus Throw F51/52	United States	Silver Medal
2020	Tokyo	Viktor Hovland	Men's Golf	Individual	Norway	T-14th
2020	Tokyo	Alex Noren	Men's Golf	Individual	Sweden	T-16th
2020	Tokyo	Nick Miller	Men's Track & Field	Hammer Throw	Great Britain	Sixth
2020	Tokyo	Lauren Bay Regula	Softball	Team	Canada	Bronze Medal
2020	Tokyo	Caroline Masson	Women's Golf	Individual	Germany	T-40th
2020	Tokyo	Adrianna Franch	Women's Soccer	Goalkeeper	United States	Bronze Medal
2020	Tokyo*	Cassie Mitchell	Women's Track & Field	Discus Throw F53	United States	Fourth
2020	Tokyo*	Cassie Mitchell	Women's Track & Field	Club Throw F51	United States	Silver Medal
2024	Paris	Wyndham Clark	Men's Golf	Individual	United States	T-14th
2024	Paris	Viktor Hovland	Men's Golf	Individual	Norway	T-30th
2024	Paris	Alex Noren	Men's Golf	Individual	Sweden	T-45th
2024	Paris	Kris Ventura	Men's Golf	Individual	Norway	T-43rd
2024	Paris	Aleksandr Nedovyesov	Men's Tennis	Doubles	Kazakhstan	First Round
2024	Paris	Jacob Fincham-Dukes	Men's Track & Field	Long jump	Great Britain	Fifth
2024	Paris	Maja Stark	Women's Golf	Individual	Sweden	T-10th
2024	Paris	Grace Neville	Women's Soccer	Team	New Zealand	Group Stage
2024	Paris	Ariadni Adamopoulou	Women's Track & Field	Pole vault	Greece	Qualification Stage
2024	Paris	Chase Ealey Jackson	Women's Track & Field	Shot put	United States	Qualification Stage
2024	Paris	Gabija Galvydyte	Women's Track & Field	800 meters	Lithuania	Qualification Stage
2024	Paris	Ieva Zarankaite Gumbs	Women's Track & Field	Discus throw	Lithuania	Qualification Stage
2024	Paris*	Cassie Mitchell	Women's Track & Field	Discus Throw F53	United States	Fourth

^ Winter Olympics *Paralympics

Prominent Athletics Alumni

Oklahoma State has produced some of the biggest names in sports over the years.

Coaches Ed Gallagher, Henry Iba, John Smith, Eddie Sutton, Gary Ward and Mike Holder all rank among the giants in their repective sports and athletes like 1988 Heisman Trophy winner Barry Sanders, Thurman Thomas, Pete Incaviglia and Pat Smith enjoyed legendary careers.

Below are Oklahoma State products who are prominent figures in today's professional sports landscape.

VIKTOR HOVLAND
Ranked among the top five golfers in the world

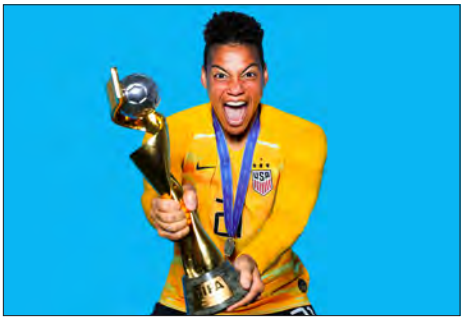
DANIEL CORMIER
Multiple-time UFC champion and Olympian who was an All-America wrestler at Oklahoma State

MAJA STARK
Olympic golfer, LPGA Tour pro and 2025 U.S. Women's Open champion

EMMANUEL OGBAH
Super Bowl champion

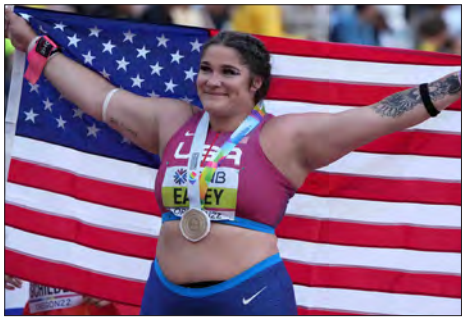
MICHELE SMITH
ESPN broadcaster and U.S. Olympic softball player who threw a school-record nine no-hitters while at OSU.

CADE CUNNINGHAM
No. 1 overall pick in the 2021 NBA Draft, NBA All-Star and All-NBA selection



AD FRANCH
Goalkeeper who helped the U.S. women's national team to the 2019 World Cup title.

MARCUS SMART
2022 NBA Defensive Player of the Year



CHASE EALEY
Two-time Shot Put World Champion and 2024 Olympian

Oklahoma State in the Pros

Cade Cunningham, No. 1 overall pick of the 2021 NBA Draft.

Kim Rodriguez

The Path to the Pros Goes Through Stillwater

Cade Cunningham was the No. 1 overall pick in the 2021 NBA Draft, professional golf is loaded with Cowboys, and softball pitcher Carrie Eberle was voted Athletes Unlimited Rookie of the Year. Cowboys and Cowgirls are thriving in the pros.

Soccer

Anna Beffer
Gabriella Coleman
AD Franch
Anna Hurley
Jaci Jones
Kasey Langdon
Melinda Mercado
Charmé Morgan
Grace Neville
Kim Rodriguez
Coumba Sow
Allie Stephenson
Laurene Tresfield
Grace Yochum
Barbara Zágonyi

Football

Levy Adcock
Harold Akin
Ben Aldridge
Israel Antwine
Hubert Anyiam
Lloyd Arms
Neill Armstrong
Marcell Ateman
Dan Bailey
David Bailey
Harold Bailey
Billy Bajema
Ron Baker
Tony Banfield
Calvin Barnett
Jimmy Bean
Tatum Bell
Jarrick Bernard-Converse
Justin Blackmon
Paul Blair
Stanley Blair
Cary Blanchard
Jamie Blatnick
Ron Boatwright
Michael Bowie
Jordan Brailford
Bill Bredde
Larry Brown
LaWaylon Brown
Tanner Brown
Terry Brown
Dez Bryant
Harry Buffington
Calvin Bundage
Scott Burk
Keith Burns
Tim Burrough
Derek Burton
Chris Carson
John Chesley
Ugo Chinasa
Jake Colhouer
Kelly Cook
Josh Cooper
John Corker
Perrish Cox
Zach Crabtree
Charles Crawford
Julius Crosslin
Gary Cutsinger
Darrion Daniels
Joe Davidson
Victor DeGrate
Phil Dokes
Charlie Durkee
Hart Lee Dykes
Donnie Echols
Adam Edwards
Alex Elkins
Jon Evans
Bob Fenimore
Roderick Fisher
Tre Flowers
Ralph Foster
Josh Furman
Wendell Gaines
Reuben Gant
T.C. Garrett
Walt Garrison
Shamiel Gary
Justin Gilbert
Jason Gildon
David Glidden
Derrel Gofourth
Jack Golden
Parker Graham
Russ Graham
A.J. Green
Mike Green
Billy Grimes
Arlington Hambright
Milton Hardaway
Charlie Harper
Devin Harper
Madre Harper
Larry Harris
Kolby Harvell-Peel
Matt Hembrough
Rusty Hilger
Greg Hill
Justice Hill
Tyreek Hill
Corey Hilliard
Christian Holmes
Ethan Howell
Evan Howell
Chuba Hubbard
Mike Hudson
Kendall Hunter
Michael Hunter
Leonard Jackson
Jack Jacobson
Blake Jarwin
Ed Jeffers
Teven Jenkins
Charlie Johnson
Greg Johnson
Tyron Johnson
Howard Keys
Joe King
Jon Kolb
Jacob Lacey
Chris Lacy
Tyler Lacy
Ashton Lampkin
Jevon Langford
Toy Ledbetter
Orie Lemon
Dwayne Levels
Gary Lewis
John Lewis
Shaun Lewis
Sonny Liles
Garrett Limbrick
John Little
Larry Little
Bill Long
Daytawion Lowe
Alex Loyd
Brad Lundblade
Dexter Manley
Markelle Martin
Tay Martin
Nick Martinez
Alonzo Mayes
Ryan McBean
Jalen McCleskey
Lamar McGriggs
Daniel McLemore
R.W. McQuarters
Ed McQuarts
Dale Meinert
Darrell Meisenheimer
Ed Merkel
Calvin Miller
Swanson Miller
Terry Miller
Andrew Mitchell
Derrick Moncrief
Matt Monger
Mark Moore
Vernand Morency
Cameron Murray
Nigel Nicholas
Ken O'Neal
Leslie O'Neal
Emmanuel Ogbah
Amen Ogbongbemiga
Russell Okung
DeQuinton Osborne
William Owen
Jarrell Owens
Frank Parker
Jim Parmer
Cliff Parsley
Tyler Patmon
Gordon Peery
Kevin Peterson
Brandon Pettigrew
Justin Phillips
Reggie Pierson
Lawrence Pinson
Lenzy Pipkins
Alvin Porter
Dean Prater
Ricky Price
Dennis Randall
Joseph Randle
Jim Reynolds
Ramon Richards
Greg Richmond
Bobby Riley
Marcellus Rivers
Glenn Robinson
Mike Robinson
Ryan Robinson
Terrence Robinson
Zac Robinson
Chris Rockins
Malcolm Rodriguez
Mason Rudolph

Oklahoma State in the Pros

World Series champion Andrew Heaney

Buddy Ryan
Victor Salako
Barry Sanders
Dantrell Savage
Jhajuan Seales
Quinn Sharp
Charlie Shaw
Ricky Shaw
Jacoby Shepherd
Jerry Sherk
Josh Sills
Kemah Siverand
Antonio Smith
Khreem Smith
Kip Smith
Jim Spavital
Joe Spencer
Harold Springer
Steve Stephens
Tre Sterling
Jordan Sterns
Josh Stewart
Dillon Stoner
Charlie Strack
Lane Taylor
Roger Taylor
Vincent Taylor
Jason Taylor II
Johnny Thomas
Thurman Thomas
Juqua Thomas (Parker)
David Thompson
Jamie Thompson
Leonard Thompson
Warren Thompson
Garrett Thurman
Keith Toston
Jim Turner
Robert Turner
Scott Tyner
Carl Voyles
Tylan Wallace
John Ward
Jaylen Warren
James Washington
John Washington
Brandon Weeden
James White
Reggie White
Darrent Williams
Demise Williams
Jamal Williams
Jeff Williams
Kevin Williams
Kevin Williams
Larry Williams
Rodarius Williams
Ronnie Williams
Shawn Willis
Duane Wood
D'Juan Woods
Donovan Woods
Jelani Woods
Rashaun Woods
Ab Wright
Kenyatta Wright
Ken Zachary
Mike Zentic

Women's Basketball

Tiffany Bias
Loryn Goodwin
Natasha Mack
Brittney Martin
Andrea Riley
Toni Young

Men's Basketball

Tony Allen
James Anderson
Lorenza Andrews
Joe Atkinson
Maurice Baker
A.L. Bennett
Joe Bradley
Markel Brown
Clayton Carter
Jerry Clack
Matt Clark
Leroy Combs
Ray Crenshaw
Cade Cunningham
JamesOn Curry
Pete Darcey
Richard Dumas
Lonnie Eggelston
Jawun Evans
Kevin Fitzgerald
Joey Graham
Stephen Graham
Cecil Hankins
Bob Harris
Terrell Harris
Byron Houston
Don Johnson
Thomas Jordan
James King
John Lucas III
Desmond Mason
Bob Mattick
Gale McArthur
Von McDade
Ivan McFarlin
Cameron McGriff
Ed Odom
J.L. Parks
Doyle Parrack
Bryant Reeves
Melvin Sanders
Kendall Sheets
Jack Shelton
Marcus Smart
Joe Smith
John Starks
Brooks Thompson
Mark Tucker
Lindy Waters III
Corey Williams
Mel Wright
Don Youman

Men's Golf

Jim Ahern
Rafael Alarcon
Zach Bauchou
Michael Bradley
Alan Bratton
Eugenio Chacarra
Wyndham Clark
Kris Cox
Bob Dickson
Andy Dillard
Kevin Dougherty
Austin Eckroat
Danny Edwards
David Edwards
Dave Eichelberger
Rickie Fowler
Bob Goetz
Ted Goin
Jaime Gonzales
Talor Gooch
Craig Hainline
Jim Hardy
Labron Harris Jr.
Mark Hayes
George Hixon
Morgan Hoffmann
Viktor Hovland
Charles Howell III
Jim Jamieson
Grier Jones
Tom Jones
Ab Justice
Edward Loar
Jeff Maggert
Hunter Mahan
Pablo Martin
Bob May
Lindy Miller
Tommy Moore
Rasmus Neergaard-Petersen
Alex Norén
E.J. Pfister
Tom Sieckmann
Sam Stevens
Boyd Summerhays
Carl Suneson
Doug Tewell
Chris Tidland
Bob Tway
Kevin Tway
Peter Uihlein
Bo Van Pelt
Kristoffer Ventura
Scott Verplank
Joe Walser

Justice Hill

Oklahoma State in the Pros

Natasha Mack

Philip Walton
Brian Watts
Kevin Wentworth
Leif Westerberg
Bo Wininger
Casey Wittenberg
Matthew Wolff
Willie Wood
Jim Woodward
Jimmy Wright

Women's Golf

Maria Boden
Christi Cano
Eva Dahllof
Charlotta Eliasson Wharton
Isabella Fierro
Janice Gibson
Caroline Hedwall
Maddison Hinson-Tolchard
Robin Hood
Josephine Janson
Linnea Johansson
Pernilla Lindberg
Stephanie Martin-Cobb
Caroline Masson
Maddie McCrary
Marnie McGuire
Jane Rah
Karin Sjodin
Val Skinner
Maja Stark
Eva-Lotta Stromlid
Jaclyn Sweeney
Kelsey Vines
Linda Wessberg
Lanny Whiteside
Julie Yang
Annie Young
Emma Zackrisson

Women's Tennis

Vladica Babic
Aliona Bolsova
Lori McNeil

Softball

Chelsea Alexander
Lauren Bay
Rylee Bayless
Rachel Becker
Kristi Bolle
Dena Carter
Shelby Davis
Amy Day
Carrie Eberle
Jamie Foutch
Lexi Kilfoyl
Ryan Realmuto
Shanel Scott
Vanessa Shippy
Samantha Show
Michelle Singer
Michele Smith
Julie Soderlund
Leanne Tyler
Kim Ward

Baseball

Jerry Adair
Jon Adkins
Scott Baker
Brady Basso
Peyton Battenfield
Josh Billings
Tom Borland
Jeff Bronkey
Corey Brown
Cal Browning
Ryan Budde
Larry Burchart
Jeromy Burnitz
Jay Canizaro
Doug Dascenzo
Carlos Diaz
Gordie Dillard
Danny Doyle
Christian Encarnacion-Strand
Monty Fariss
John Farrell
Josh Fields
Koda Glover
Gary Green
Matt Hague
Thomas Hatch
Andrew Heaney
Jonathan Heasley
Mike Henneman
Joel Horlen
Jason Hursh
Pete Incaviglia
Jason Jaramillo
Frank Kellert
Mark Lukasiewicz
Tyler Lyons
Matt Mangini
Dave Maurer
Victor Mederos
Jordy Mercer
Ed Mickelson
Dave Mlicki
Merlin Nippert
Andrew Oliver
Danny Perez
Joe Price
Tim Pugh
Allie P. Reynolds
Chris Richard
Scott Richmond
Rusty Ryal
Jeff Salazar
Luke Scott
Matt Smith
Joe Stanka
Mickey Tettleton
Danny Thompson
Jim Traber
Robin Ventura
Don Wallace
Donnie Walton
Scott Watkins
Robbie Weinhardt
Dib Williams
Scott Williamson
Robbie Wine
Ab Wright
Justin Wrobleski

Track and Field

Natalja Piliusina
Kaela Edwards
Savannah Camacho
Sinclaire Johnson
Molly Sughroue
Josh Thompson
Tom Farrell
German Fernandez
Shadrack Kipchirchir
Girma Mecheso
Kirubel Erassa
Ryan Vail
Colby Lowe
Chad Noelle
Craig Nowak
Isai Rodriguez
Alex Maier
Taylor Roe
Molly Born
Gabija Galvydyte
Chase Jackson (Ealey)
Ieva Gumbs (Zarankaite)
Jacob Fincham-Dukes
Nick Miller
Mindaugas Pukstas
Ariadni Adamopoulou
Ingeborg Lovnes
Rory Leonard
Jim Bolding
Chris McCubbins
Tom Von Ruden
J.W. Mashburn
Sture Landqvist
Christine McMiken
Mary Davies

Lexi Kilfoyl

Our All-Time Greats

The highest honor the Oklahoma State Athletic Department can bestow upon its former student-athletes, coaches and staff is induction into the OSU Athletics Hall of Honor. Inductees are immortalized with a permanent display on the concourse level of Gallagher-Iba Arena, outside the O-Club room on the arena's west side.

Name	*Primary Sport*	*Years at OSU*	*Inducted*
Neill Armstrong	Football	1943-46	1997
David "Buddy" Arndt	Wrestling	1941-46	2023
Sam Aubrey	Men's Basketball	1941-43; 1945-46; 1970-73	2006
Lauren Bay	Softball	2000-03	2024
A.L. Bennett	Men's Basketball	1942-43; 1945-48	2001
Justin Blackmon	Football	2009-11	2023
Doug Blubaugh	Wrestling	1955-57	2000
Jim Bolding	Men's Track and Field	1968-72	2000
Tommy Chesbro	Wrestling (coach)	1959-60; 1970-84	2006
Arlen Clark	Men's Basketball	1956-59	2025
Kendall Cross	Wrestling	1987-90	2006
Joe Dial	Men's Track and Field	1982-85	2002
Alex Dieringer	Wrestling	2013-16	2025
Hart Lee Dykes	Football	1985-88	2025
David Edwards	Men's Golf	1975-78	2024
Bob Fenimore	Football	1943-46	1996
Sandy Fischer	Softball (coach)	1979-2001	2022
Ross Flood	Wrestling	1933-35	2024
Jaime Foutch	Softball	1996-99	2025
Rickie Fowler	Men's Golf	2008-09	2023
Adrianna Franch	Soccer	2009-12	2022
Ed Gallagher	Wrestling (coach)	1916-40	1996
Walt Garrison	Football	1963-65	2000
Jackie Goodman	Women's Track and Field	1985-89	2001
Toby Greene	Baseball (coach)	1942-64	2011
Art Griffith	Wrestling (coach)	1941-56	1997
Eric Guerrero	Wrestling	1996-99	2011
Mike Gundy	Football (coach)	1986-89; 1990-95; 2005-pres.	2001
Cecil Hankins	Football	1944-45	2006
Labron Harris	Men's Golf (coach)	1947-73	1996
Don Haskins	Men's Basketball	1949-53	2000
Stanley Henson	Wrestling	1937-39	2007
Ralph Higgins	Men's Track and Field (coach)	1923-25; 1935-67	1997
Mike Holder	Men's Golf (coach)	1968-70; 1973-2005; 2005-21	1997
Byron Houston	Men's Basketball	1988-92	2001
Viktor Hovland	Men's Golf	2016-19	2025
Charles Howell III	Men's Golf	1998-2000	2024
Henry Iba	Men's Basketball (coach)	1934-70	1996
Pete Incaviglia	Baseball	1983-85	1999
Jimmy Jackson	Wrestling	1975-78	2007
Don Johnson	Men's Basketball	1949-52	2011
Clinette Jordan	Women's Basketball	1985-89	2002
Jon Kolb	Football	1966-68	2001
Bob Kurland	Men's Basketball	1942-46	1996
Frank Lewis	Wrestling	1933-35	2001
Jim Lookabaugh	Football (coach)	1939-49	2007
J.W. Mashburn	Men's Track and Field	1955-57	2000
Bob Mattick	Men's Basketball	1951-54	2006

Name	*Primary Sport*	*Years at OSU*	*Inducted*
Earl McCready	Wrestling	1928-30	2025
Joe McDaniel	Wrestling	1937-39	2002
Christine McMiken	Women's Track and Field	1984-86	2006
Lori McNeil	Women's Tennis	1981-83	2007
Jim Metcalf	Men's Track (relay)	1964-66	2024
Lindy Miller	Men's Golf	1975-78	2022
Terry Miller	Football	1974-77	2006
Kenny Monday	Wrestling	1981-84	1999
Mark Moore	Football	1983-86	2011
Leslie O'Neal	Football	1982-85	1999
Yolanda Odenyo	Soccer	2005-08	2023
Bobby Pearce	Wrestling	1930-32	2006
Dave Perry	Men's Track (relay)	1964-65	2024
John Perry	Men's Track (relay)	1964-66	2024
Ann Pitts	Women's Golf (coach)	1973-2000	2023
Bill Platt	Baseball (broadcaster)	1958-95	2011
Bryant Reeves	Men's Basketball	1991-95	2000
Jesse "Cab" Renick	Men's Basketball	1938-40	1999
Allie P. Reynolds	Baseball	1936-38	1996
Andrea Riley	Women's Basketball	2006-10	2022
Melanie Roche	Softball	1990-93	2011
Myron Roderick	Wrestling (coach)	1957-69	1997
Barry Sanders	Football	1986-88	1996
Jerry Sherk	Football	1968-69	2000
Val Skinner	Women's Golf	1979-82	1999
John Smith	Wrestling	1984-88; 1992-2024	1996
Michele Smith	Softball	1986-89	2000
Pat Smith	Wrestling	1990-94	2002
Dick Soergel	Football	1957-59	1999
Eddie Sutton	Men's Basketball (coach)	1955-58; 1990-2006	1997
Ralph Tate	Men's Track and Field (coach)	1968-84	2007
Thurman Thomas	Football	1984-87	1997
Bob Tway	Men's Golf	1978-81	1999
Yojiro Uetake	Wrestling	1964-66	1997
Jack VanBebber	Wrestling	1929-31	2006
Robin Ventura	Baseball	1986-88	1999
Scott Verplank	Men's Golf	1983-86	2002
Tom Von Ruden	Men's Track (relay)	1964-66	2024
James Wadley	Men's Tennis (coach)	1973-2012	2024
Gary Ward	Baseball (coach)	1978-96	2006
John Ward	Football	1967-69	2002
Brandon Weeden	Football	2007-11	2024
Shelby Wilson	Wrestling	1957-59	2023
Willie Wood	Men's Golf	1980-83	2011
Rashaun Woods	Football	2000-03	2022

Learfield Directors' Cup

OSU 2024-25 NCAA Placements	
Using Learfield Directors' Cup Scoring System	
Men's Golf	1st
Wrestling	3rd
Men's Indoor Track and Field	5th
Equestrian^	5th
Women's Tennis	5th
Men's Cross Country	8th
Men's Outdoor Track and Field	11th
Women's Golf	15th
Softball	17th
Baseball	17th
Women's Cross Country	27th
Soccer	33rd
Women's Basketball	33rd
Women's Outdoor Track and Field	46th
Football	DNP
Women's Indoor Track and Field	DNP
Men's Basketball	DNP
Men's Tennis	DNP
^As an NCEA sport (not NCAA), equestrian doesn't count toward OSU's actual Learfield Cup points total.	

OSU in the Learfield Directors' Cup Standings
since 1993-94

Year	Points	NCAA Rank	Big 12 Rank
1993-94	169.00	30	4
1994-95	209.00	25	4
1995-96	206.50	26	3
1996-97	188.50	29	4
1997-98	310.00	24	4
1998-99	280.00	28	3
1999-2000	340.50	49	7
2000-01	450.00	38	6
2001-02	411.00	45	7
2002-03	470.25	39	6
2003-04	496.00	36	5
2004-05	436.75	44	7
2005-06	516.50	30	4
2006-07	503.75	41	7
2007-08	588.25	33	5
2008-09	605.25	35	6
2009-10	618.75	33	6
2010-11	635.50	32	4
2011-12	512.00	42	5
2012-13	737.75	27	3
2013-14	867.00	22	3
2014-15	707.75	28	4
2015-16	957.25	13	2
2016-17	748.75	27	4
2017-18	683.75	32	3
2018-19	760.50	28	2
2019-20	*Canceled, COVID pandemic*		
2020-21	860.50	18	2
2021-22	752.75	23	3
2022-23	800.00	25	3
2023-24	896.00	19	2
2024-25	752.50	29	2

- The Learfield Directors' Cup honors institutions and evaluates success in all sports, men's and women's. The Directors' Cup allows athletic departments to measure the success of each sports program evenly and does not weigh the success in one sport above the success in another.
- Because Oklahoma State does not sponsor women's volleyball and does not get credit for its performance in equestrian, it has only 17 sports eligible for Learfield Directors' Cup scoring, while most others count points from 19 sports. Operating with a two-sport handicap, Oklahoma State has still finished in the top 30 nationally the last five years and has finished in the top three of the Big 12 each of the last seven years.

Learfield Directors' Cup Average National Finish, Big 12 Schools This Decade *(since 2020-21)*

Lower numbers reflect better performance

	Oklahoma State	22.8
	Arizona State	28.4
	BYU	28.8
	Arizona	39.2
	Texas Tech	42.6
	Baylor	43.4
	TCU	45.2
	Iowa State	46.6
	Utah	49.8
	West Virginia	52.6
	Colorado	59.8
	Kansas	67.0
	Houston	74.6
	UCF	75.2
	Kansas State	97.0
	Cincinnati	162.4

Success Across All Sports

Men's Cross Country/Track and Field	
	XC/In/Out
NCAA Team Championships	5/0/0
NCAA Individual Champions	0/22/17
All-Americans	70/111/85
Big 12 Team Championships (1996-present)	13/2/0
Conference Team Championships (All-Time)	17/2/20
Big 12 Individual Champions (1996-present)	10/72/39
Conference Individual Champions (All-Time)	14/145/295
Olympians	9

Women's Cross Country/Track and Field	
	XC/In/Out
NCAA Individual Champions	0/5/3
All-Americans	24/74/66
Big 12 Team Championships (1996-present)	4/1/0
Conference Team Championships (All-Time)	5/1/0
Big 12 Individual Champions (1996-present)	2/64/30
Conference Individual Champions (All-Time)	8/79/54
Olympians	15

Soccer	
NCAA Tournament Appearances	14
Big 12 Championships (1996-present)	7
Conference Championships (All-Time)	7
All-Americans	12
Women's World Cup Participants	3
Olympians	2

Football	
National Championships	1
Big 12 Championships (1996-present)	1
Conference Championships (All-Time)	11
Bowl Appearances	34
Heisman Trophy Winners	1
Major National Award Winners	13
All-Americans	98
NFL Draft Picks	185
NFL Draft First Round Picks	21

Wrestling	
NCAA Team Championships	34
NCAA Individual Champions	145
All-Americans	492
Major Award Winners	34
Big 12 Team Titles (1997-present)	22
Conference Team Championships (All-Time)	56
Big 12 Individual Champions	122
Conference Individual Champions (All-Time)	297
Olympians	63

Men's Basketball	
NCAA Championships	2
Final Four Appearances	6
Big 12 Titles (1997-present)	3
Conference Championships (All-Time)	23
NCAA Tournament Appearances	29
All-Americans	30
Major National Award Winners	4
Olympians	10
NBA Draft Picks	37
NBA Draft First Round Picks	10

Women's Basketball	
Conference Championships (All-Time)	3
NCAA Tournament Appearances	18
All-Americans	4
Major National Award Winners	2
WNBA Draft Picks	6
WNBA Draft First Round Picks	2

Equestrian	
NCEA Overall Team Championships	1
Big 12 Championships (1997-present)	11
Conference Championships (All-Time)	11
All-Americans	49

Men's Tennis	
Conference Championships (All-Time)	24
All-Americans	22
NCAA Tournament Appearances	26
Big 12 Individual Champions (1997-present)	41
Conference Individual Champions (All-Time)	201
Olympians	1

Women's Tennis	
Big 12 Titles (1997-present)	7
Conference Championships (All-Time)	29
All-Americans	29
NCAA Tournament Appearances	28
Big 12 Individual Champions (1997-present)	34
Conference Individual Champions (All-Time)	157

Men's Golf	
NCAA Team Championships	12
NCAA Individual Champions	9
All-Americans	142
Major Award Winners	25
Big 12 Team Championships (1997-present)	12
Conference Team Championships (All-Time)	57
Big 12 Individual Champions (1997-present)	12
Conference Individual Champions (All-Time)	50
Olympians	7

Women's Golf	
NCAA Individual Champions	1
All-Americans	30
Major Award Winners	1
Big 12 Team Championships (1997-present)	11
Conference Team Championships (All-Time)	25
Big 12 Individual Champions (1997-present)	11
Conference Individual Champions (All-Time)	27
Olympians	4

Softball	
Women's College World Series Appearances	16
NCAA Super Regional Appearances	6
NCAA Regional Appearances	32
Big 12 Championships (1997-present)	1
Conference Championships (All-Time)	16
All-Americans	53
Olympians	9
Major Award Winners	2

Baseball	
NCAA Championships	1
College World Series Appearances	20
NCAA Super Regional Appearances	5
NCAA Regional Appearances	50
Big 12 Titles (1997-present)	6
Conference Championships (All-Time)	35
National Player of the Year	4
All-Americans	83
Olympians	4
MLB Draft Picks	309
MLB Draft First Round Picks	20

The people of Oklahoma Oil and Natural Gas Bedlam Series

The Bedlam Series is calculated by straight wins and losses in head-to-head competition.

While Oklahoma State and Oklahoma have been in competition for more than 100 years, the all-sports Bedlam Series did not come into existence until the 1999-2000 academic year. In the 26 years since, OSU owns a 14-11-1 advantage over OU.

Year	*Winner*	*Score*
1999-00	Oklahoma	12-7
2000-01	Oklahoma State	9.5-8.5
2001-02	Oklahoma	10-9
2002-03	Oklahoma State	12-7
2003-04	Oklahoma	10.5-8.5
2004-05	Oklahoma	10.5-8.5
2005-06	Oklahoma	10-7
2006-07	Oklahoma State	10-7
2007-08	Oklahoma State	11-10
2008-09	Oklahoma	13-11
2009-10	Oklahoma	15-12-1
2010-11	Oklahoma	16-12
2011-12	Oklahoma	15-14
2012-13	Oklahoma	14-12-1
2013-14	Oklahoma State	17-13
2014-15	Oklahoma State	17-11
2015-16	Oklahoma State	15-14
2016-17	Oklahoma State	14-12
2017-18	Oklahoma State	18-10
2018-19	Oklahoma	14-12
2019-20	Oklahoma State	8-5-1
2020-21	Oklahoma State	23-12
2021-22	Oklahoma State	17-16
2022-23	Tied	14-14-1
2023-24	Oklahoma State	21-9
2024-25	Oklahoma State	15-10
All years	**Oklahoma State leads**	**14-11-1**

2024-25 OSU Athletics Awards and Honors

Team National Championships
Men's Golf

Team Big 12 Championships
Wrestling
Equestrian
Women's Tennis - Regular Season
Men's Golf

NCAA Individual Champions
Brian Musau, Men's Indoor Track and Field - 5,000 meters
Dean Hamiti, Wrestling - 174 pounds
Wyatt Hendrickson, Wrestling - 285 pounds
Brian Musau, Men's Outdoor Track and Field - 5,000 meters

Major National Award Winners
Wyatt Hendrickson, Wrestling - Hodge Trophy
Wyatt Hendrickson, NCAA Most Dominant Wrestler
Dean Hamiti, *Amateur Wrestling News* Hammer Award

All-Americans
Brian Musau, Men's Cross Country
Denis Kipngetich, Men's Cross Country
Brian Musau, Men's Indoor Track - 3,000 meters
Denis Kipngetich, Men's Indoor Track - 5,000 meters
Brian Musau, Men's Indoor Track - 5,000 meters
Ryan Schoppe, Men's Indoor Track - DMR
Jordon Smith, Men's Indoor Track - DMR
Alex Stitt, Men's Indoor Track - DMR
Mehdi Yanouri, Men's Indoor Track - DMR
Laban Kipkemboi, Men's Indoor Track - Mile
Fouad Messaoudi, Men's Indoor Track - Mile
Kaylie Politza, Women's Indoor Track - 800 meters
Troy Spratley, Wrestling - 125 pounds
Caleb Fish, Wrestling - 157 pounds
Cameron Amine, Wrestling - 165 pounds
Dean Hamiti, Wrestling - 174 pounds
Dustin Plott, Wrestling - 184 pounds

The 2025 NCAA champion men's golf team

Wyatt Hendrickson, Wrestling - 285 pounds
June Roberson, Equestrian - Horsemanship
Riley Hogan, Equestrian - Fences
Claire McDowall, Equestrian - Horsemanship
Abby Budd, Equestrian - Reining
Emma Filiatreau, Equestrian - Reining
Ethan Fang, Men's Golf
Preston Stout, Men's Golf
Ruby Meylan, Softball
Anastasiya Komar, Women's Tennis - Doubles
Rose Marie Nijkamp, Women's Tennis - Doubles
Harrison Bodendorf, Baseball
Brian Musau, Men's Outdoor Track - 5,000 meters
Fouad Messaoudi, Men's Outdoor Track- 5,000 meters
Denis Kipngetich, Men's Outdoor Track - 10,000 meters
Blair Anderson, Men's Outdoor Track - Long Jump
Isca Chelangat, Women's Outdoor Track - 5,000 meters
Emma Robbins, Women's Outdoor Track - Hammer Throw
Annie Molenhouse, Women's Outdoor Track - Heptathlon

2025 NCAA indoor and outdoor 5,000 meter champion Brian Musau

Region Player of the Year
Brian Musau, Men's Cross Country
Brian Musau, Men's Indoor Track and Field
Brian Musau, Men's Outdoor Track and Field

Big 12 Player of the Year
Brian Musau, Men's Cross Country
Wyatt Hendrickson, Wrestling
Riley Hogan, Equestrian - Fences Rider of the Year
Riley Hogan, Equestrian - Flat Rider of the Year

Region Individual Champion
Denis Kipngetich, Men's Cross Country

Big 12 Individual Champions
Brian Musau, Men's Cross Country
Blair Anderson, Men's Indoor Track - Long Jump
Laban Kipkemboi, Men's Indoor Track - Mile
Brian Musau, Men's Indoor Track - 3,000 Meters
Laban Kipkemboi, Men's Indoor Track - DMR
Fouad Messaoudi, Men's Indoor Track - DMR
Jordon Smith, Men's Indoor Track - DMR
Alex Stitt, Men's Indoor Track - DMR
Wyatt Hendrickson, Wrestling - 285 pounds
Preston Stout, Men's Golf
Fouad Messaoudi, Men's Outdoor Track - 1,500 Meters
Annie Molenhouse, Women's Outdoor Track - Heptathlon

Big 12 Freshman of the Year
Rose Marie Nijkamp, Women's Tennis

Big 12 Newcomer of the Year
Harrison Bodendorf, Baseball
Ethan Fang, Men's Golf

National Coach of the Year
David Taylor, Wrestling - *The Open Mat*
Alan Bratton, Men's Golf - Golf Coaches Assoc. of America

Big 12 Coach of the Year
Alan Bratton, Men's Golf

Honoring Academic Success

The Oklahoma State Scholar-Athlete of the Year Award acknowledges the remarkable character and performance of one male and one female student-athlete. As the highest honor presented among OSU student-athletes, this award reflects exemplary performance in academic endeavors, athletic activities, and a commitment to community engagement. The award recognizes exceptional character of the student-athlete and a remarkable dedication to academic performance.

The award was initially presented in 1994 as the OSU Student-Athlete of the Year, but the title changed to OSU Scholar-Athlete of the Year in 2015.

OSU Student-Athlete of the Year Award Winners		
Year	*Male*	*Female*
1994	Alan Bratton, Golf	Charlotta Eliasson, Golf
1995	Rafael Denson, Football	Lanny Whiteside, Golf
1996	Trip Kuehne, Golf	Stacy Coffey, Basketball
1997	Mark Branch, Wrestling	Kym Hazzard, Tennis
1998	Steven Schmidt, Wrestling	Cheri Edwards, Basketball
1999	Josh Holliday, Baseball	Kourtney Bower, Basketball
2000	Jeff Ragan, Wrestling	Jennifer Crow, Basketball
2001	Mark Munoz, Wrestling	Maria Boden, Golf
2002	Fran Krepelka, Tennis	Jenny Kipp, Softball
2003	Kyle Eaton, Football	Lauren Bay, Softball
2004	Johnny Thompson, Wrestling	Luann Ulrich, Equestrian
2005	Joey Graham, Basketball	Valentina Medina, Track/Cross Country
2006	Zack Robinson, Golf	Lauren Colwell, Soccer
2007	Darnell Smith, Football	Lauren Simmons, Tennis
2008	Nathan Morgan, Wrestling	Niccole Grimaldi, Soccer
2009	Ryan Vail, Track/Cross Country	Yolanda Odenyo, Soccer
2010	Oleksandr Nedovyesov, Tennis	Leah Kuehn, Equestrian
2011	Brandon Weeden, Football	Mariah Gearhart, Softball
2012	Colby Lowe, Track/Cross Country	Krista Lopez, Soccer
2013	Clint Chelf, Football	Natalja Piliusina, Track/Cross Country
2014	Chris Perry, Wrestling	Jenna Blumer, Equestrian
OSU Scholar-Athlete of the Year Award Winners		
Year	*Male*	*Female*
2015	Christien Sager, Basketball	Katy Krshka, Equestrian
2016	Jordan Niebrugge, Golf	Justine Peters, Equestrian
2017	Zachary Olsen, Golf	Courtney Dike, Soccer
2018	Britton Abbott, Football	Stephanie Ferrante, Track/Cross Country
2019	Cole Verble, Track & Field	Sofia Blanco, Tennis
2020	Trey Reeves, Basketball	Hannah Janson, Equestrian
2021	Joshua Anadu, Track and Field	Ariane Ballner, Track and Field
2022	Alex Hale, Football	Stephanie Helsen, Equestrian
2023	Tom Hutton, Football	Jojo Roberson, Equestrian
2024	Alex Maier, Track and Field	Maddison Hinson-Tolchard, Golf
2025	Ryan Schoppe, Track and Field	Sivan Auerbach, Track and Field

Sivan Auerbach (cross country/track) and Ryan Schoppe (cross country/track and field) were honored as OSU's 2025 Scholar-Athletes of the Year.

College Sports Communicators Academic All-Americans

Academic All-American is a title reserved for college student-athletes who perform at an elite level in their chosen sport and in the classroom. The all-time list of 40,000+ Academic All-Americans includes major sports stars and some of the world's most accomplished individuals in medicine, business, science and the arts. Established in 1952 and selected by College Sports Communicators, Academic All-America is the longest running and premier award for athletic and academic success across championship college sports at all NCAA levels, the NAIA, two-year colleges and Canadian institutions. Teams are announced year round and amplified by CSC member colleges, universities, and conferences on a wide local, regional, national, and even international scope.

Outstanding student-athletes are nominated for Academic All-District® recognition by communications directors and must have a minimum 3.50 GPA and meet high athletic standards. (25,000+ nominations annually). A select group of student-athletes advances to the national ballot where CSC members vote on Academic All-America teams. (approximately 2,000 selections annually).

Year	*Person*	*Sport*	*Team*	*Pos.*
1954	Dale Meinert	Football	---	G
1958	James Howard	Football	Second Team	T
1964	Gary Hassman	Men's Basketball	---	
1965	Gary Hassman	Men's Basketball	Second Team	
1965	Jim King	Men's Basketball	Second Team	F
1969	Joe Smith	Men's Basketball	First Team	
1972	Tom Wolf	Football	First Team	OT
1972	Doug Tarrant	Football	Second Team	DT
1973	Doug Tarrant	Football	First Team	LB
1973	Tom Wolf	Football	Second Team	OT
1974	Tom Wolf	Football	First Team	OT
1975	Joe Avanzani	Football	Second Team	S
1976	Rick Embree	Baseball	First Team	2B
1976	Skip Taylor	Football	Second Team	RB
1977	Joe Avanzini	Football	First Team	DE
1988	Brad Beanblossom	Baseball	First Team	2B
1988	Lisa Harvey	Softball	Second Team	C
1989	Brad Beanblossom	Baseball	First Team	SS
1989	Lisa Harvey	Softball	Second Team	C
1991	Donna Forman	Softball	First Team	1B
1991	Sharon Sodano	Softball	First Team	3B
1991	Danielle Pfeiffer	Softball	Third Team	OF
1998	Steven Schmidt	Wrestling (at-large)	Third Team	
1999	Josh Holliday	Baseball	Third Team	C
1999	Jennifer Crow	Women's Basketball	Second Team	G
2000	Carlos Gautreaux	Baseball	Second Team	OF
2000	Kyle Eaton	Football	Second Team	OL
2000	Jennifer Crow	Women's Basketball	First Team	G
2001	Fran Krepelka	Men's Tennis (at-large)	Second Team	
2002	Kyle Eaton	Football	First Team	OL
2002	Frantisek Krepelka	Men's Tennis (at-large)	First Team	
2002	Emma Zackrisson	Women's Golf (at-large)	Second Team	
2002	Siri Alfheim	Women's Track/Cross Country	First Team	
2003	Lauren Bay	Softball	First Team	P
2004	Billy Bajema	Football	First Team	TE
2005	Zack Robinson	Men's Golf (at-large)	First Team	
2005	Karin Sjodin	Women's Golf (at-large)	Third Team	
2005	Michelle Prowse	Women's Track/Cross Country	Second Team	
2006	Darnell Smith	Football	Second Team	DL
2006	Zack Robinson	Men's Golf (at-large)	First Team	
2006	Pablo Martin	Men's Golf (at-large)	Second Team	

Year	*Person*	*Sport*	*Team*	*Pos.*
2006	Michelle Prowse	Women's Track/Cross Country	First Team	
2007	Pablo Martin	Men's Golf (at-large)	First Team	
2007	Michael Breshears	Men's Track/Cross Country	Second Team	
2007	Niccole Grimaldi	Women's Soccer	Second Team	D
2008	Ryan Vail	Men's Track/Cross Country	First Team	
2008	Danielle Green	Women's Basketball	Second Team	
2008	Yolanda Odenyo	Women's Soccer	Second Team	M
2008	Jessica Jarrell	Women's Soccer	Third Team	D
2008	Jamie Markaverich	Women's Soccer	Third Team	M
2009	Ryan Vail	Men's Track/Cross Country	First Team	
2009	Karin Kinnerud	Women's Golf (at-large)	Second Team	
2010	Oleksandr Nedovyesov	Men's Tennis (at-large)	Second Team	
2010	Ryan Vail	Men's Track/Cross Country	First Team	
2010	Krista Lopez	Women's Soccer	First Team	F
2011	Chelsea Garcia	Softball	First Team	IF
2011	Krista Lopez	Women's Soccer	First Team	
2012	Chelsea Garcia	Softball	Second Team	IF
2013	Caleb Lavey	Football	Second Team	LB
2013	Caitlin Way	Women's Track/Cross Country	Third Team	
2014	Nick Miller	Men's Track/Cross Country	First Team	
2014	Caitlin Way	Women's Track/Cross Country	First Team	
2014	Tyler Caldwell	Wrestling (at-large)	First Team	
2015	Fabian Clarkson	Men's Track/Cross Country	Second Team	
2016	Brad Lundblade	Football	First Team	OL
2016	Vanessa Shippy	Softball	Third Team	IF
2016	Courtney Dike	Women's Soccer	Second Team	F
2016	Ingeborg Loevnes	Women's Track/Cross Country	Second Team	
2017	Justice Hill	Football	First Team	RB
2017	Brad Lundblade	Football	First Team	OL
2017	Britton Abbott	Football	Second Team	TE
2017	Vanessa Shippy	Softball	First Team	C
2017	Kaylee Jensen	Women's Basketball	Second Team	
2017	Kaela Edwards	Women's Track/Cross Country	First Team	
2017	Stephanie Ferrante	Women's Track/Cross Country	Third Team	
2018	Britton Abbott	Football	First Team	TE
2018	Justice Hill	Football	Second Team	RB
2018	Noah Gade	Men's Track/Cross Country	First Team	
2018	Vanessa Shippy	Softball	First Team	IF
2018	Sofia Blanco	Women's Tennis (at-large)	Third Team	
2018	Stephanie Ferrante	Women's Track/Cross Country	First Team	
2018	Emily Hart	Women's Track/Cross Country	First Team	

CSC Academic All-Americans / NCAA Elite 90 Award

Year	Person	Sport	Team	Pos.
2018	Ariane Ballner	Women's Track/Cross Country	Second Team	
2019	Joshua Anadu	Men's Track/Cross Country	Third Team	
2019	Hannah Webb	Women's Soccer	Third Team	D
2019	Sofia Blanco	Women's Tennis (at-large)	First Team	
2019	Ariane Ballner	Women's Track/Cross Country	First Team	
2020	Logan Carter	Football	Second Team	TE
2020	Joshua Anadu	Men's Track/Cross Country	Third Team	
2020	Vivian Gray	Women's Basketball	Third Team	
2020	Hannah Webb	Women's Soccer	First Team	D
2020	Camy Huddleston	Women's Soccer	Second Team	M
2020	Ariane Ballner	Women's Track/Cross Country	First Team	
2021	Jake Dyer	Men's Track/Cross Country	Second Team	
2021	Hannah Webb	Soccer	Second Team	D
2021	Carrie Eberle	Softball	First Team	P
2021	Hayley Busby	Softball	Second Team	OF
2021	Maja Stark	Women's Golf (at-large)	Third Team	
2021	Ariane Ballner	Women's Track/Cross Country	First Team	
2022	Jake Thompson	Baseball	Second Team	OF
2022	Ryan Smeeton	Men's Track/Cross Country	First Team	
2022	Chelsea Alexander	Softball	Second Team	OF
2022	Kelly Maxwell	Softball	Second Team	P
2023	Isaac Becroft	Men's Tennis	First Team	
2023	Alex Maier	Men's Track/Cross Country	Second Team	
2023	Fouad Messaoudi	Men's Track/Cross Country	Third Team	
2023	Rachel Becker	Softball	Second Team	IF
2023	Chyenne Factor	Softball	Second Team	OF
2023	Morgyn Wynne	Softball	Second Team	DP
2023	Katelynn Carwile	Softball	Third Team	OF
2023	Kelly Maxwell	Softball	Third Team	P
2023	Sivan Auerbach	Women's Track/Cross Country	First Team	
2023	Taylor Roe	Women's Track/Cross Country	Third Team	
2023	Alex Hale	Football	First Team	K
2024	Isaac Becroft	Men's Tennis	Second Team	
2024	Lexi Kilfoyl	Softball	First Team	P
2024	Caroline Wang	Softball	First Team	C
2024	Nolan Schubart	Baseball	Second Team	OF
2024	Sivan Auerbach	Women's Track/Cross Country	First Team	
2024	Taylor Roe	Women's Track/Cross Country	First Team	
2024	Molly Born	Women's Track/Cross Country	Second Team	
2024	Bailey Golden	Women's Track/Cross Country	Second Team	
2024	Alex Maier	Men's Track/Cross Country	First Team	
2024	Ryan Schoppe	Men's Track/Cross Country	Third Team	
2024	Mollie Breiner	Soccer	First Team	D
2024	Alex Morris	Soccer	Third Team	M
2025	Isaac Becroft	Men's Tennis	Third Team	
2025	Nolan Schubart	Baseball	Second Team	OF
2025	Ethan Fang	Men's Golf (at large)	Second Team	
2025	Sivan Auerbach	Women's Track/Cross Country	Second Team	
2025	Ryan Schoppe	Men's Track/Cross Country	Third Team	

NCAA Elite 90 Award

The NCAA Elite 90 Award is presented to the student-athlete with the highest cumulative grade-point average participating at the finals site for each of the NCAA's championships. Eligible student-athletes are sophomores or above academically who have participated in a sport for at least two years with their school.

Year	Recipient	Sport
2010-11	Chelsea Garcia	Softball
2016-17	Christian Liddell	Men's Cross Country
2017-18	Noah Gade	Men's Cross Country
2018-19	Sofia Blanco	Women's Tennis
2020-21	Jules Callaham	Softball
2021-22	Ryan Schoppe	Men's Indoor Track and Field
2021-22	Jules Callaham	Softball
2023-24	Sivan Auerbach	Women's Cross Country
2023-24	Angelica Pfefferkorn	Women's Golf
2023-24	Katie Lott	Softball
2024-25	Sivan Auerbach	Women's Cross Country

Chelsea Garcia
2010-11

Christian Liddell
2016-17

Noah Gade
2017-18

Sofia Blanco
2018-19

Jules Callaham
2020-21

Ryan Schoppe
2021-22

Jules Callaham
2021-22

Sivan Auerbach
2023-24

Angelica Pfefferkorn
2023-24

Katie Lott
2023-24

Sivan Auerbach
2024-25

2024-25 OSU Athletics Academic Honor Roll

College Sports Communicators Academic All-America

Molly Breiner, Soccer (First Team)
Alex Morris, Soccer (Third Team)
Isaac Becroft, Men's Tennis (Third Team)
Nolan Schubart, Baseball (Second Team)
Ethan Fang, Men's Golf (Second Team)
Sivan Auerbach, Women's Track/Cross Country (Second Team)
Ryan Schoppe, Men's Track/Cross Country (Third Team)

NCAA Elite 90 Award

Sivan Auerbach, Women's Cross Country

College Sports Communicators Academic All-District

Soccer
Mollie Breiner
Ellie Geoffroy
Chloe Joseph
Alex Morris
Xcaret Pineda
Laudan Wilson

Football
Alan Bowman
Cale Cabbiness
Aden Kelley
Garrick Martin
Jake Schultz
Dylan Smith
Logan Ward

Men's Basketball
Patrick Suemnick

Women's Basketball
Anna Gret Asi
Macey Huard

Men's Tennis
Alessio Basile
Derek Pham
Isaac Becroft

Women's Tennis
Kylie Collins

Softball
Rosie Davis
Karli Godwin
Katie Kutz
Tia Warsop
Amanda Hasler

Baseball
Drew Culbertson
Hunter Watkins
Ian Daugherty
Nolan Schubart
Ryan Ure

Women's Golf (at-large)
Marta Silchenko

Men's Golf (at-large) (June 17/July 9)
Ethan Fang
Gaven Lane
Eric Lee

Wrestling (at-large)
Dustin Plott
Caleb Fish

Women's Track and Field/Cross Country Sivan Auerbach
Annie Molenhouse
Saara Hakanen
Madi Surber
Emma Robbins

Men's Track and Field/Cross Country
Ryan Schoppe
Adisu Guadie
Zac Robbins
Sam Mason
Kade Benjamin

Big 12 Scholar-Athlete of the Year

Sivan Auerbach, Women's Cross Country
Alex Morris, Soccer

Academic All-Big 12

Asterisk represents 4.0 grade point average

Men's Cross Country
Tate Barr
Ben Calusinski
Kian Davis
Jacob Deacon
Hamish Hart
Triston Read
Ryan Schoppe
Victor Shitsama
Gabe Simonsen
Alex Stitt
Timothy Synowiec
Matthew Thomas
Grant Wilcox
Mehdi Yanouri

Women's Cross Country
Katie Armstrong
Sivan Auerbach*
Cayden Brickman
Emily Carter*
Cayden Dawson*
Payton Hinkle
Lilly Lavier*
Emma Lindsey*
Jinane Mahi
Cameron McConnell
Mackenzie Michael*
Aubrey O'Connell*
Abby Pickett
Grace Ping
Lauren Ping
Krystal Rodriguez
Mandeep Sangha
Kevriana Scott
Colleen Stegmann*
Madi Surber*

Football
Alan Bowman
Gabe Brown
Cale Cabbiness
Chance Clements
Kendal Daniels
Ike Esonwune
Ollie Gordon
Austin Kawecki
Aden Kelley
Justin Kirkland
Cooper Lai
Garrick Martin
Luke McEndoo
Joe Michalski
Wes Pahl
Garret Rangel
Parker Robertson
Xavier Ross
Jakobe Sanders
Jake Schultz*
Talyn Shettron
Dylan Smith
Jake Springfield*
Quinton Stewart
Logan Ward
Ty Williams
Preston Wilson

Soccer
Sami Allen
Mollie Breiner
Ellie Geoffroy
Adelhia Ghonda
Chloé Joseph*
Lexi Lee
Alex Morris*
Trinity Picklo*
Xcaret Pineda
Nicole Ray
Addison Roberts*
Taryn Thibeau
Laudan Wilson

Women's Basketball
Anna Gret Asi
Rylee Langerman*
Landry Williams

Wrestling
Cael Hughes
Dustin Plott
Cutter Sheets
Luke Surber
Carter Young

Equestrian
Tristan Bagby*
Peyton Baxter
Lydia Bell
Abby Budd*
Ava Bush
Mackenzie Carreras
Quincee Clark
Hannah Dodd
Isabella D'Onofrio
Ellie DuPuis*
Emma Filiatreau
Riley Hogan
Bella Holway
Alie Hunter
Olivia Klug
Dalia Lehmann*
Caroline Mirts*
Lindsey Porteous
Lauren Pursley
Rylee Ridgely
June Roberson
Avery Schauder*
Alana Tietz

Baseball
Kyle Bade
Drew Blake
Colin Brueggemann
Charlie Carter
Ian Daugherty
Landry Kyle
Donovan Lasalle
Nolan Schubart
Beau Sylvester
Ryan Ure

Men's Golf
Johnnie Clark
Gaven Lane
Preston Stout
John Wild

Women's Golf
Ellie Bushnell
Clemence Martin
Sammie Miller
Sifat Sagoo
Marta Silchenko

Softball
Megan Bloodworth
Rosie Davis
Tallen Edwards
Karli Godwin
Macy Graf
Katie Kutz
Lexi McDonald
Kathryn Ogg
Sophie Page
Audrey Schneidmiller
Claire Timm
Tia Warsop

Men's Tennis
Alessio Basile
Isaac Becroft
Derek Pham
Fran Pini

Women's Tennis
Amber Hochstatter
Nas Komar

Men's Track and Field
Blair Anderson
Tate Barr
Kade Benjamin
Ty Cook
Ben Currence
Kian Davis
Jacob Deacon
James Edmond
Adisu Guadie
Hamish Hart
Hafez Mahadi
Sam Mason
Riley McGowan
Fouad Messaoudi
Will Muirhead
Triston Read
Zac Robbins
Ryan Schoppe
Crayton Shaw
Gabe Simonsen
Alex Stitt
Tim Synowiec
Caio Teixeira
Matt Thomas
Carter Wilkerson
Blake Wynne

Women's Track and Field
Katie Armstrong
Michaella Atteberry
Sivan Auerbach
Brooke Bayles
Kessiah Bemis
Cayden Brickman
Sara Byers
Emily Carter
Katie Chapman
Isis Grant
Saara Hakanen
Payton Hinkle
Sutton Howard
Lilly Lavier
Emma Lindsey
Jinane Mahi
Cameron McConnell
Maddie Meiner
Mackenzie Michael
Annie Molenhouse
Rachel Neaves
Aubrey O'Connell
Johnna Orange
Brilee Payne
Abby Pickett
Grace Ping
Lauren Ping
Krystal Rodriguez
Mandeep Sangha
Ansley Scott
Kevriana Scott
Sarah Stair
Colleen Stegmann
Madi Surber
Kinidi Taylor
Olivija Vaitaityte

*- Nominated with a 4.0 GPA

Elite Coaching

Oklahoma State has 13 head coaches, nearly all of whom have climbed to the top of their sport while in Stillwater.

3 *Have coached Oklahoma State to at least one team national championship*

5 *Have been named National Coach of the Year at least once while at Oklahoma State*

9 *Have coached Oklahoma State to at least one top-five national finish*

9 *Have coached Oklahoma State to at least one Big 12 team championship*

Alan Bratton
M. Golf

Colin Carmichael
Soccer

Kenny Gajewski
Softball

Mike Gundy
Football

Josh Holliday
Baseball

Jacie Hoyt
W. Basketball

Steve Lutz
M. Basketball

Henner Nehles
W. Tennis (interim)

Larry Sanchez
Equestrian

Dave Smith
Cross Country/Track

David Taylor
Wrestling

Dustin Taylor
M. Tennis

Annie Young
W. Golf

Oklahoma State's current head coaches have combined to win

51

Big 12 team championships

Revenue Share and NIL

College athletics changed forever in the summer of 2025 when for the first time, schools were permitted to directly pay student-athletes.

In this new landscape, Oklahoma State is in a position of strength.

It quickly announced that it will share revenue with student-athletes in its seven ticketed sports. Scholarships were also added. It was a clear statement that whatever the future of college athletics looks like, OSU will be a force competing at the very highest level.

Whatever the future of college athletics looks like, OSU will be a force competing at the very highest level.

The same spirit of innovation and care for student-athletes that helped OSU's name, image and likeness program thrive now drives OSU into the revenue share era.

Cowboy and Cowgirl student-athletes benefit from knowledgeable people within the athletic department dedicated to maximizing available opportunities. Being situated in Stillwater, OSU student-athletes receive additional support from a remarkably passionate and supportive base of generous donors and fans.

The revenue-share era is here, and Oklahoma State is ready.

Mental Health and Wellness

Oklahoma State student-athletes have access to Dr. Trevor Richardson, who leads a four-person team of trained mental health professionals dedicated to serving the needs of OSU student-athletes. Most schools have just one - if any - mental health professionals on full-time staff.

The team's approach to mental health is built through relationships and providing ongoing support.

"Around here, we like the old proverb of if you give a person a fish, you'll feed them once. If you teach them to fish, you'll feed them for a lifetime." Richardson said. "That's kind of how we approach mental health – we want to equip our people with knowledge and strategies they can use long into the future."

For Richardson, a two-time Oklahoma State graduate who joined the athletic department after more than 10 years on campus as part of OSU Counseling Services, being a mental health resource for OSU student-athletes is not just his profession, it's personal.

There is a misconception that seeking help in the area of mental health is a sign of weakness. Richardson said that is not the case.

"It's a sign of strength to ask for help in mental health because it shows you are secure in yourself," Richardson said. "This is about courage. People who take part in this process show courage and sometimes they view it as a sign of weakness because of what they've been conditioned to think. When you run from something that needs to be addressed, sooner or later it catches up with you. To sit down and take that big, scary, unpleasant thing on and talk with someone about it, that takes real courage."

Department of Student-Athlete Development

Preparing student-athletes for life beyond sports

PERSONAL RESPONSIBILITY
Instill a commitment to continuous learning, adaptability and self-improvement.

PROFESSIONAL PREPAREDNESS
Prepare athletes for the workforce through experiential learning, job-ready skills, and career connections.

ENGAGED CITIZENSHIP
Encourage athletes to maintain respectful citizenship qualities and exercise service to the community.

ETHICAL LEADERSHIP
Prepare athletes to exercise empathy and accountability as decision-makers with integrity and morals.

Supporting student-athletes through career guidance, leadership development and community involvement.

The Department of Student-Athlete Development provides a wide range of programs and experiences for OSU student-athletes to nourish and supplement their education. It works to inspire confidence in their professional futures.

DEVELOPMENT
- ▶ Suiting up Seniors
- ▶ Networking Night
- ▶ Mock Interviews
- ▶ Financial and Tax Literacy

LEADERSHIP
- ▶ Rookie Camp
- ▶ Orange Table Talk
- ▶ Cowboy Choice Awards
- ▶ Big 12 Beyond Borders

ENGAGEMENT
- ▶ Nike N7 Youth Day
- ▶ Capitol Cowboys
- ▶ Into the Streets
- ▶ Night to Shine

We're not just building better student-athletes, we're building better people.

Maria Taylor hosted the inaugural Cowboy Choice Awards.

A Night to Shine

Oklahoma State student-athletes walk the orange carpet at the Cowboy Choice Awards, which has become a highly-anticipated event on the annual calendar, in part because of the awards themselves and in part because it is an opportunity for student-athletes from all sports to come together off the field for a fun and enjoyable evening.

The Big 12 Conference

BIG 12 CONFERENCE

The Big 12 enters its 30th year as one of the nation's premier conferences in college athletics under the leadership of Commissioner Brett Yormark. Since joining the Conference in August 2022, Yormark has elevated the Big 12 to new heights, emphasizing marketing, brand building and instilling an innovative strategy that has resonated across the college athletics landscape.

The Conference is composed of 16 universities spanning 10 states and four time zones. The Big 12 members include Arizona, Arizona State, Baylor, BYU, UCF, Cincinnati, Colorado, Houston, Iowa State, Kansas, Kansas State, Oklahoma State, TCU, Texas Tech, Utah and West Virginia.

The Big 12 began play in 1996 and is the home of 91 team NCAA national championships, and 775 individual national champions. The Big 12 Conference office is located in Irving, Texas.

Big 12 Fast Facts

- The Big 12 sponsors 25 sports across the Fall, Winter and Spring seasons.
- Men's sports include baseball, basketball, cross country, football, golf, indoor track & field, outdoor track & field, swimming & diving, tennis and wrestling.
- Women's sports include basketball, beach volleyball, cross country, equestrian, golf, gymnastics, indoor track & field, lacrosse, outdoor track & field, rowing, soccer, softball, swimming & diving, tennis and volleyball.
- The Conference currently conducts postseason championships for 24 of its 25 sports.
- The league has been home to over 800 Academic All-America recipients.
- In the last 16 seasons, 39 student-athletes were recipients of the NCAA Elite 90 award.

In the Heart of it All

Oklahoma State University serves nearly 25,000 students at its Stillwater campus, with 26% of the student body coming from out of state. Students from all 50 states and over 100 countries call Stillwater home.

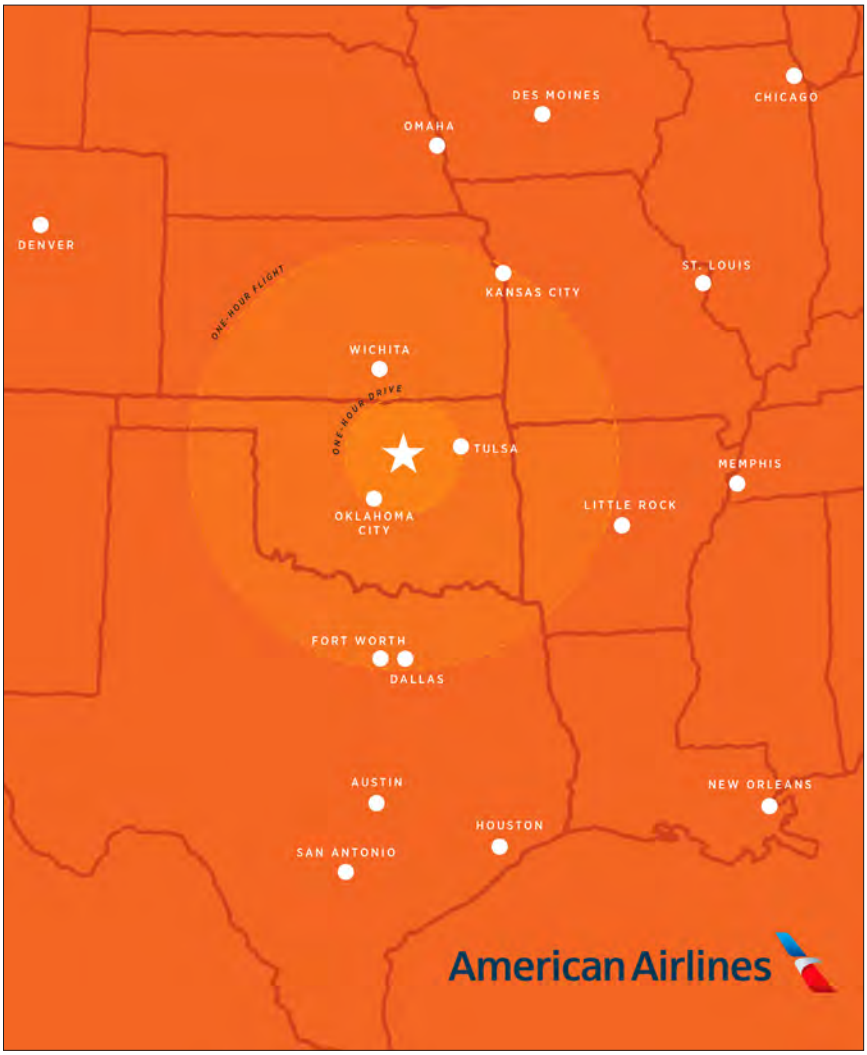
Stillwater is centrally located between Oklahoma City and Tulsa, just an hour's drive away from the two largest metro areas in the state of Oklahoma.

Stillwater Regional Airport provides daily nonstop American Airlines flights to and from Dallas/Fort Worth International Airport. A single one-hour connecting flight to DFW is all that separates OSU from traveling to New York, Los Angeles, London, Tokyo, Sydney and more of the world's greatest destinations.

Additional direct service to and from Stillwater may also be coming.

Stillwater Regional's 7,400-foot main runway can easily accommodate aircraft such as the Boeing 737 and Airbus A320, simplifying team travel for OSU and any opponents making the trip to Cowboy Country.

Further improvements to Stillwater Regional's facilities include a proposed expansion to the airport's terminal that would triple its current size.



Noting Stillwater

The population of Stillwater is about 50,000 and with Oklahoma State University as its heart, it comes as no surprise that approximately 50 percent of Stillwater residents age 25 years or older have a bachelor's degree.

Average Climate
Spring: 46-72 degrees
Summer: 69-91 degrees
Fall: 48-73 degrees
Winter: 26-50 degrees

Annual Precipitation
38.3 inches

VisitStillwater.org

Incredible Fan Support

Oklahoma State has a passionate fanbase that appreciates success across all sports and as a result, OSU enjoys an overwhelming advantage when playing at home.

America's Greatest Homecoming

OSU's very first Homecoming was held as part of the Harvest Carnival in the fall of 1913, but it wasn't until seven years later that the OSU Alumni Association hosted its first official Homecoming celebration. On October 30, 1920, 90 Oklahoma A&M alumni returned to Stillwater for festivities including the Aggie football game plus a dance and a dinner hosted by Alumni Association President Monroe Otey.

Of the 90 alumni in attendance, 50 were from the Stillwater area and 40 were from out of state. It was also in the '20s the now-famous tradition of house decorations began when sororities started to decorate their doorways.

In 1930, the first ever Homecoming Parade, a mile long, made its way down Main Street. More than 17,000 alumni returned to Oklahoma A&M that year to renew old friendships and show their pride in the Orange and Black.

In 1942 and 1944, Homecoming was combined with Dads' and Mothers' days and sponsored by the YMCA, YWCA, Dads' and Mothers' Day Association and the Alumni Association. The combination was a result of World War II and impending gas rationing to occur. Even with the gas rationing and cutbacks on parade floats, decorations and visiting bands, the football game and reunion functions were still well attended.

Following the war in 1946, there was a record attendance of 20,000 alumni and the largest parade was held including more than 50 floats, six bands and other community entries. Over time, the size of the house decorations overtook those of parade floats. In 1966, vehicles were abandoned and onlookers tried a new experiment - they simply "walked around" to view the decorations. Three years later, house decorations began being judged and scored.

New events like the Sign Competition, Football Frenzy and Chili Cook-Off were added in recent decades. Since that time, the event has grown and today is recognized as "America's Greatest Homecoming Celebration," drawing more than 80,000 alumni back to campus each year.

CASE International (Council for Advancement and Support of Education) has recognized OSU's Homecoming as a Seal of Excellence recipient. This is the highest award given by CASE in the field of Alumni Relations. This prestigious award is given only to programs that serve as models for others. OSU was recognized for the widespread participation and outstanding organization of its Homecoming program.

Most recently, the Homecoming celebration has launched onto the world wide web with photo albums, video highlights and live streams of Walkaround and the Sea of Orange Parade.

In 2010, the OSU Alumni Association began fundraising for the $3 million Homecoming and Student Programs Endowment as part of the $1 billion Branding Success campaign. OSU is one of the only schools left in the nation with an event like Walkaround, and once fully funded, the endowment will ensure future generations of Cowboys will be able to experience "America's Greatest Homecoming Celebration" as we know it today.

OSU's Homecoming is presented by the OSU Alumni Association and is planned by the student-driven Homecoming Executive, Steering and Big committees. OSU's Homecoming is a longstanding, exciting and colorful tradition for both campus and community.

For more information, visit ORANGECONNECTION.org/homecoming

Oklahoma State Spirit

The Cowboys

Dating back to the 1890s, Oklahoma A&M sports teams had been referred to as Agriculturists or Aggies, the Farmers, and officially but unpopularly, the Tigers. But by 1924, Charles Saulsberry, sports editor of the *Oklahoma City Times*, and other writers who regularly covered college events, had begun to refer to Stillwater's teams as the A&M Cowboys. Reporters' constant search of colorful synonyms started sprinkling Cowpokes, Pokes, Waddies, Cowpunchers and Punchers in conversation. "Cowboys" had a Southwestern flavor and flair that fit like a favorite pair of boots.

The Athletic Council authorized athletics director Edward C. Gallagher to have 2,000 balloons printed, "Oklahoma Aggies—Ride 'Em Cowboy" for sale at football games in 1926.

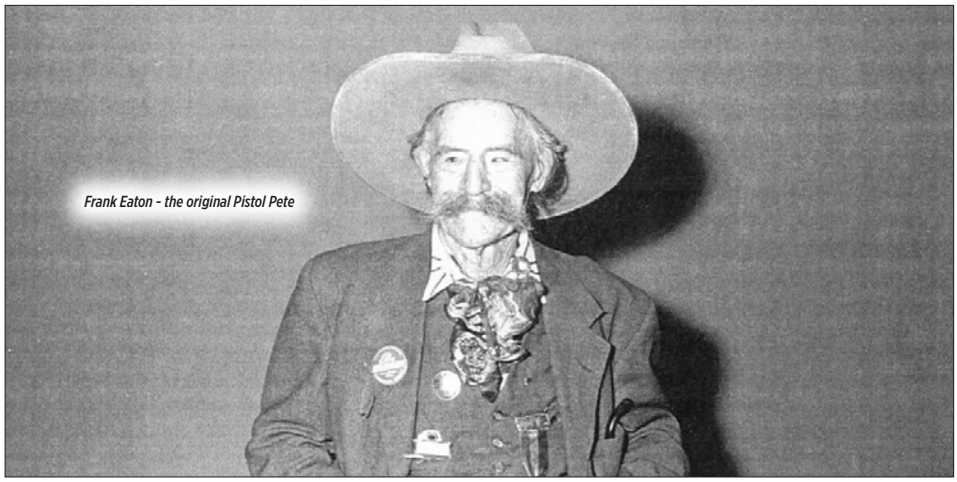
Pistol Pete

(excerpt from text written by Lance Millis)

Around 1923, when Oklahoma A&M College was searching for a new mascot to replace its tiger (copied along with the school's orange and black colors, from university founders who hailed from Princeton), a group of students saw Frank Eaton leading the Armistice Day Parade. He was approached to see if he would be interested in being the model for the new mascot, and he agreed. A likeness was drawn and began to be used on sweatshirts, stickers, etc., and a tradition was born.

That caricature was the basis for what is used today as the official Oklahoma State University mascot. For 35 years, the crusty old cowboy was a living symbol of OSU, representing the colorful past of the area. As such, he would attend OSU athletic events, building dedications, etc., and sign autographs, pose for photographs and reminisce about the Old West with anyone who would listen.

To this day, his likeness is a visible reminder of the Old West to literally millions of people yearly as a symbol of colleges whose mascots pay homage to the cowboy. Each year, OSU students tryout for Pistol Pete. A panel of former "Petes" judge the tryouts and select the two best candidates based on an interview, a mime, and posing as mascot in different "game situations." The two who are selected split the approximately 500 appearances annually. These appearances include all athletic events, pep rallies, business openings, weddings, birthday parties, and public school events.



Frank Eaton - the original Pistol Pete

Frank Eaton - Before Pistol Pete

"My boy, may an old man's curse rest upon you, if you do not try to avenge your father...You must never stop until they are all accounted for!" These words, according to one of Eaton's many stories, were spoken by a family friend following the brutal murder of his father, and guided the formative years of Frank's life.

Born in 1860, in Hartford, Connecticut, Frank moved with his family to Kansas shortly after the close of the Civil War. When Frank was eight years old, his father, a former Union soldier, was shot and killed by a group of lawless former Confederates. Frank was a witness to the murder and each of the murderers' faces was imprinted in his memory.

After being challenged to avenge his father's death by Mose Beaman, (the family friend), Frank set out to learn how to handle guns. Mose gave him a gun and holster, and taught him how to handle and shoot guns. Frank quickly learned to "shoot a snake's head off with either hand". During the next few years, Frank's days were spent helping his mother with chores and practicing shooting. With each passing year, he became faster and more accurate with his guns.

When Frank was 15, he learned of the location of one of his father's killers. After deciding it was almost time to set out on his mission, Frank wanted to make sure his shooting skills were good enough. He decided to visit Fort Gibson, a cavalry fort, to try to learn more about handling a gun. There he competed with the cavalry's best marksmen, beating them each time. After many competitions, the fort's commanding officer, Colonel Copinger gave Frank a marksmanship badge and a new name. From that day forward, Frank would be known as Pistol Pete.

Bullet is a regular part of the Cowboy football game day experience.

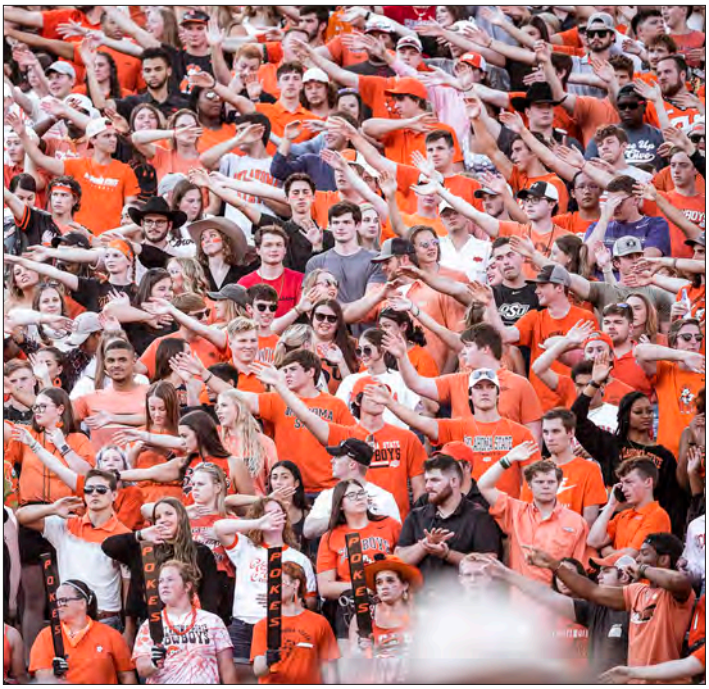
Bullet

The Oklahoma State University Cowboys have many symbols of their western heritage, but none is more appropriate than their mascot, Bullet. The Spirit Rider program debuted in 1984 with the first few Spirit Riders providing their own horse to serve as mascot for the OSU Cowboys.

However, in 1988, Stars Parr Money was donated to the OSU Athletic Department to be used specifically as the mascot. Since that time, Bullet has delighted crowds with his traditional sprint across the football field following every Cowboy touchdown. The heart of the Cowboy Spirit Rider Program, Bullet is not only seen at Boone Pickens Stadium and other OSU football games, he's made appearances at local elementary schools, parades, rodeos and other special events, including the opening ceremonies of the Oklahoma State Special Olympics.

The tradition of the Spirit Rider can be attributed to the late Eddy Finley, who wanted to promote school spirit the "cowboy way," on horseback. Since that time, additional support has come for the Spirit Rider and Bullet, much of it due to Finley's hard work. A horse trailer, custom-tooled saddle and uniform dress for the Spirit Rider and ground crew have been donated to OSU. In honor of the Spirit Rider and its tradition, Jim Hamilton sculpted the Spirit Rider bronze statue that sits just south of the Greenwood Tennis Center.

Oklahoma State Spirit



The Waving Song

Victor Herbert was inadvertently responsible for a deeply entrenched facet of A&M athletic tradition, the waving song. His lyricist was speech instructor H.G. Seldy Seldombridge. In 1908, Seldombridge had gone to Columbia University to scout for a senior class play. While there, he heard In Old New York, the hit song from the operetta The Red Mill. Even New Yorkers were humming the song on city streets, and Seldombridge returned to Oklahoma humming it, too.

Shortly thereafter, he incorporated In Old New York into the closing number of a college follies show being rehearsed in Stillwater's Grand Opera House. But as he studied the stage decorated in orange and black for a campus scene, he realized that New York's praises were out of place for a southwestern college setting.

"Suddenly OAMC flashed to my mind," he explained in 1941. He asked the 30-voice choir to take a break, grabbed a piece of wrapping paper, hummed, and scribbled. In less than ten minutes he had the alternate lyrics that would enliven sports events long after opening night.

For that finale, a letterman representing each sport joined the chorus onstage. The students added their own memorable touch. They swayed and sang "OAMC! OAMC! We'll sing your praise tonight," as they waved to the audience in unison.

It almost raised the roof off the old building, noted Seldombridge, who left the campus in 1910. Exhilarated, the crowd surged to its feet and returned the rhythmic wave. It took two encores before the campus and community gathering was willing to relinquish the emotion of the moment.

"From that night on, you could frequently hear someone whistling the tune," he recalled, touched that OAMC's waving song was remembered as late as 1941.

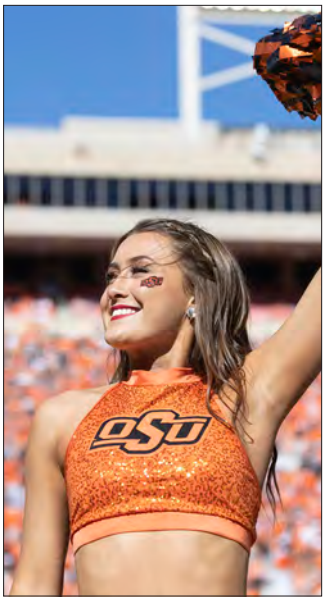
The Waving Song tradition continues to this day with OSU fans rising to their feet and waving one arm in rhythm with the song after scores in football and following victories in other sports. Contrary to popular misconception, this tradition should not be referred to as "Waving the Wheat," which is the name of the two-armed wave adopted by University of Kansas fans.

The Waving Song Lyrics

Oklahoma State! Oklahoma State!
We'll sing your praise tonight;
To let you know where e're we go,
For the Orange and Black we'll fight
We'll sing your worth o'er all the Earth
And shout: Ki Yi! Ki Ye!
In books of fame we'll write your name,
Oklahoma State!

"Ride 'Em Cowboys" Lyrics

Ride, ride, ride, ride,
Ride'em Cowboys,
Right down the field!
Fight! Fight! Fight! Fight!
Fight'em Cowboys, and never yield.!
Ride, ride, ride, ride,
Ride on, Cowboys, to victory;
Cross (opponent)s goal;
Then we'll sing 'O-kla-homa State!'



OSU Alma Mater Hymn

Across several different sports, following victories, OSU teams gather in front of the student section to sing the alma mater. All fans, students and non-students are encouraged to remain in the stands after OSU victories and join the Cowboys for the Alma Mater hymn.

Alma Mater Hymn Lyrics

Proud and immortal
Bright Shines Your Name
Oklahoma State
We Herald Your Fame
Ever You'll Find Us
Loyal and True
To Our Alma Mater
O - S - U

Unmatched Athletics Facilities

Student-athletes and fans at Oklahoma State enjoy one of the nation's top overall collections of athletic facilities.

BOONE PICKENS STADIUM
A $50 million renovation in 2023 and 2024 added several modern amenities to upgrade the fan experience

GALLAGHER-IBA ARENA
Home to the OSU basketball and wrestling programs since its dedication in 1938.

O'BRATE STADIUM
The top facility in all of college baseball was dedicated in 2021.

NEAL PATTERSON STADIUM
Opened in 2018 and is the top on-campus women's soccer-only facility in the nation.

GREENWOOD TENNIS CENTER
Voted as the nation's best college tennis facility, hosted the 2024 NCAA Championships.

GREINER FAMILY CROSS COUNTRY COURSE
Opened in 2019 and hosted the NCAA Championships in 2020 and 2022.

SHERMAN SMITH CENTER
Indoor and outdoor practice facility utilized by several of OSU teams.

PEDIGO-HULL EQUESTRIAN CENTER AND ATHERTON FAMILY ARENA
Recently upgraded home to OSU equestrian

COWGIRL STADIUM
Among the most difficult venues for opponents to win in all of college softball

KARSTEN CREEK GOLF COURSE
Undergoing a complete overhaul to modernize and improve the course and its amenities.